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A

SERIOUS ADDRESS,

ON THE

DANGEROUS CONSEQUENCES

OF NEGLECTING

Common Coughs and Colds,

WITH

AMPLE DIRECTIONS

FOR THE

PREVENTION AND CURE

OF

CONSUMPTIONS.

TO WHICH ARE ADDED,

OBSERVATIONS

ON THE

HOOPING COUGH AND ASTHMA.

By THOMAS HAYES,
Member of the Corporation of Surgeons, London, &c.

"*The slightest Catarrhal Defluction, or Cough, ought not*
"*to be neglected, if it does not go off in a few Days.*"
DR. FOTHERGILL.

The FIRST American *from the* FOURTH London Edition.

From the Press *of*
Samuel Etheridge,
No. 9, Newbury-Street.

FOR JOHN WEST, No. 75,
AND CALEB BINGHAM, No. 44,
Cornhill, BOSTON.

1796.

87092

PREFACE.

IT is unneceſſary to inform the Public, that great numbers of perſons of both ſexes are afflicted every Winter with moſt dreadful colds, coughs, and conſumptive complaints, in this great metropolis, and in every large town in this kingdom, from the neglecting of ſlight colds in their early ſtate. But common as this caſe is, the truth of which moſt men acknowledge, is it not ſtrange that it ſhould not be ſtriking enough to enforce a ſtricter attention to it than is paid in common? For its conſequences are not leſs (to ſpeak within compaſs) than an annual loſs of twenty thouſand perſons in the iſland of Great Britain; beſide the numbers who ſuffer long and painful illneſſes, from rheumatiſms, pleuriſies, quinſies, &c. ariſing from the ſame neglect, though they afterwards recover.

Phyſicians, from the earlieſt date, have cautioned the public againſt letting colds gain ground upon them; but as few read their writings, except thoſe who make phyſic their profeſſion, and as the world often ſuſpects that what comes from them muſt be intereſting to themſelves only,

ly, I do not wonder that this caution is not regarded.

I have, however, ſome hopes that the object of the preſent triſle will be attended to in the courſe of time, and the more eſpecially when it ſhall appear to have been undertaken from the very oppoſite to intereſted motives! For were the following hints ſtrictly purſued, the author would have very little buſineſs, and half his brethren of the Faculty muſt then be obliged to ſeek ſome other means of earning a livelihood.

Since the laſt edition of this pamphlet, I have ſeen ſome extracts from a book on the diſeaſe called a *Cold*,* (written by Mr. Chandler, F. R. S.) in the Gentleman's Magazines for November and December, 1761. The work I have not been able to procure, but from thoſe parts which I have ſeen, I conſider it to be a very ſenſible work, but two full of technical terms to be underſtood by any but medical men.

Two very ſenſible writers, Tiſſot and Buchan, have addreſſed themſelves to the public in general, on the ſubject of medicine; and many excellent directions they have given reſpecting the management of colds, and other diſeaſes; but on this ſubject, they have not entered ſo fully as the diſorders require; and in others, they have not confined themſelves within ſuch limits, as to be of uſe without injury. Hence this little tract

* A worthy Lady did me the honour to ſend me this valuable work, and I regret not having ſeen it before, as it is replete with knowledge, on the ſubject, and worthy the attention of Medical Readers.

tract may not, perhaps, be without its uſe, as a companion to their celebrated works; for beyond a common cold, or a ſlight fever, perſons are not competent to direct for themſelves. It requires an arrangement, and compariſon, of the ſeveral conſtitutions, and ſymptoms, together with a number of other minutiæ, which are not to be acquired but by experience, and a knowledge of the animal economy; and with which very few but medical men are acquainted.

The works juſt now alluded to, are more calculated to inform young practitioners in medicine, and men of letters, than the people in general, who have not an opportunity to ſtudy the leading characters which diſtinguiſh one diſeaſe from another; for this is often attended with difficulty; and miſtakes are ſometimes made, even by men eminent in the profeſſion. It is well known, that phyſicians never preſcribe for themſelves. The embarraſſment of mind, and a number of ambiguous ſymptoms, that attend the ſick, muſt for ever render it impracticable for him to be a competent judge of his own diſeaſe; and the ſeveral changes and complications to which it is liable, ſerve ſtill to increaſe the difficulty. How then, ſhall the many ignorant perſons, to whom the abovementioned books are left open, wherein many very potent medicines are recommended, be thought equal to the taſk of preſcribing, either for themſelves, or for their neighbours; whom they ceaſe not on all occaſions, from urging to take Dr. James' Powder, or ſome other favourite medicine, let the complaint be ever ſo different from what they

conceive? Certainly the application of such powerful medicines, require the most judicious medical ability and experience.

Now to such as have a propensity to prescribe for the sick, without being very well acquainted with the nature of the disease, and the full powers of the medicines they apply, (except upon emergency, and where other advice is not readily to be had) I do most earnestly recommend that they read the *sixth commandment*, and reflect, that by administering powerful drugs much hazard is run, and many melancholy disasters happen. The intention may be good, but will that excuse or palliate the baneful effects which too often arise from officious persons tampering with so important a concern as a neighbour's life? The number of errors which are almost daily committed this way, none but medical men can know or conceive.

The intention of the present sheets, is to convince the public of the danger of depending too much upon that fatal expectation, of *colds going off spontaneously;* of trifling with little complaints, and of trusting to such means as are not likely to remove them.

If a cold comes on with any violence, apply the means here recommended for three or four days; if the patient does not grow materially worse, or the complaint abate in that time, send for the best assistance in your power. If you are not able to send for a physician, let it be an apothecary of a humane and tender disposition; and one, who studies rather to remove the complaint, than to load you with a number of vials.

A man

A man of the above principles, will not unneceſſarily load you with nauſeous drugs, nor will he add to the calamities of the poor tradeſman, by extravagant charges, which is too often the rapacious practice of too many in the profeſſion. To this it will be ſaid, ought not every man to live by his buſineſs? I fairly admit it, and moſt certainly expect to do ſo myſelf. To the Sharks of the profeſſion I allude, and not to the honeſt, candid, humane practitioner, who feels for others' ills, and others' circumſtances.

I have given two long quotations to confirm and illuſtrate my own opinions. I ſhould not have made them ſo long, had the perſons for whom this work is deſigned, a medical library to conſult. They are too valuable not to be generally known.

To the Reviewers I am highly obliged. They have ſeen my intention, and ſpoken more favourably of this work than I thought it deſerved, conſidering the many inaccuracies it contains. From their recommendation many have been ſold, and, what will be a greater pleaſure to them to hear, is, that from many correſpondents I am informed, ſome good has been derived, and ſome evil prevented.

It is alſo highly flattering to me, that it has met with the approbation of many eminent Phyſicians; and I hope the deſign will in ſome ſort apologize for the deficiencies. If it ſhould be found of the leaſt utility to the public, I have my reward.

After what has been advanced in the former part of the Preface, it may ſeem ſtrange that I

ſhould

ſhould attempt to preſcribe beyond a common cold. My reaſons for it are,

Firſt, Becauſe many perſons have deſired me to make the additions which are here made.

Secondly, I have taken great care to adviſe ſuch things only as cannot do injury, uſed with the precautions here directed.

Thirdly, I have been more minute in ſome very eſſential means of recovery, than medical men's time, in much practice will permit them to ſay; and I expect more attention from addreſſing myſelf to the underſtanding than from a mere injunction.

Fourthly, I have taken more pains to ſhew what is injurious than what is beneficial; at the ſame time hoping that no perſon will depend upon my book only, for the cure of ſo dangerous a diſeaſe; but I rather offer theſe additional reaſons to warn the reader of the dangers which attend neglected Coughs and Colds, and to induce thoſe who have unhappily got bad ones, to apply a ſimple, rational and approved method of cure, in preference to the thoughtleſs, imprudent means generally purſued.

With reſpect to the additions which are now made, the following are my reaſons.

Firſt, I have been informed by thoſe who very well know, that I ought to have given ſome directions relative to Conſumptions ariſing from ſpitting of blood.

Secondly, Many perſons afflicted with Aſthmatic Coughs, ſeemed diſappointed that nothing was ſaid on that head.

Thirdly,

Thirdly, The Hooping Cough has been rife this ſummer, all over Great Britain, and ſtill continues to rage; and as many children and young perſons become conſumptive from the violence of that cruel diſeaſe, and many from miſmanagement in the dietetic part, I have here touched upon it.

The author has much occaſion for indulgence from his critical readers. As his profeſſional avocations will not permit him to attend much to correctneſs in writing, they muſt overlook many imperfections. He hopes that the object of the preſent work will fully clear him of any other vanity, than that of deſiring to be uſeful to his fellow creatures.

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&c. &c.

A COLD ariſes from the effect of cold or moiſt air, applied to the ſurface of the body and lungs, from going too thinly clad, or expoſing the body to cold air, after having been heated by exerciſe; or, when the pores are opened, from drinking warm liquors, &c.

Some perſons will bear every poſſible change without much injury; whilſt others cannot take the leaſt liberty with themſelves without ſuffering moſt ſeverely. Therefore, every man ſhould know enough of his own conſtitution, to regulate himſelf, as indeed, he, in this reſpect, may, if he will but give himſelf the trouble to think; and from hence, whatever experience has taught him is improper, or diſagrees with him, he ſhould moſt carefully avoid.

Almoſt

Almoſt every body knows the ſymptoms of a cold, or what are the common ſenſations, or effects of what is called *the having a Cold*, but as theſe begin on ſome more violent than on others, I ſhall mark the common ſymptoms as they generally ariſe.

A Cold then, is a ſenſe of chilline's on the ſkin, attended with a laſſitude or wearineſs, and ſlight ſhiverings at times, with a degree of headach and flying pains in the ſmall of the back, and limbs, a ſtuffing of the noſe, frequent ſneezing, and running of a clear limpid water from the eyes, and the noſe, with or without a dry tickling cough, or hoarſeneſs. Sometimes the ſneezing, ſtuffing of the noſe, or cough, give the firſt intelligence of its approach, and ſometimes it is preceded by ſome of the other ſymptoms. Theſe, as they are found to come on with more or leſs violence, permit the patient to continue in his uſual employment, or pleaſure, until they get ſo far increaſed, or have laid ſuch hold on the conſtitution as to oblige him to deſiſt, unleſs nature, by ſome happy effort, reſtore the obſtructed veſſels to their proper offices, and cauſe the ſeveral fluids to be circulated through the proper tubes. If the patient is not relieved this way, Fever, Rheumatiſm, Inflammation of the Lungs, or ſome other diſeaſe muſt enſue.

As coughs are the moſt common effects of cold, and ſo generally diſregarded, and as theſe are its moſt inſidious attendants, and capable of bringing on the moſt ſerious complaints, one cannot too ſtrongly enforce a proper ſenſe of the danger that attends them. Inflammation in the lungs

lungs is excited, or increaſed by the perpetual action which is given to the cheſt by coughing; and great injury is done to the fine membrane, which lines or covers the paſſage to the lungs, and the whole cavity of the cheſt, as well as to the lungs themſelves, from the ſame cauſe. The leaſt inflammation happening to the pleura, or lungs, it is very much to be feared, may pave the road to conſumption and death; and I am of opinion that three parts of the conſumptions which happen, ariſe from thoſe commonly neglected trifling colds, (as they are but too commonly called,) cauſing inflammation, &c.

It is not unuſual for a patient to tell you, that he ails nothing, except having a cough; when in fact, his pulſe is full, quick and hard; his tongue coated with a thick white fur; and he makes thick muddy water, or ſuch as is very high coloured; he has cold chills running down his back, forenefs in the cheſt, and on the muſcles of the belly, beſides other ſymptoms of fever. But he will inſiſt he has not the leaſt fever, and that the cough is the cauſe of all theſe ſymptoms, if he happens to be informed of them; but it ſometimes happens, that all theſe are diſregarded, till he is obliged to take to his bed; for he perſuades himſelf he cannot be feveriſh, becauſe he feels himſelf cold; and to remove which coldneſs, he continues to drink warm cordials, or hot ſpicy drinks; and becauſe he has no appetite, he eats rich reliſhing things, as he thinks, to give him one, and to keep him from being ſtarved: all of which have a full tendency to encourage, or create inflammation, and would be

the direct means to employ for that purpose, to an enemy, were one so disposed.

By these improper things, a trifling cold, in the first instance, is increased, and a fever and inflammation are caused; and especially if the person be full of blood, and accustomed to *live* what is called *well.* The many varieties of the symptoms, and the danger attending them, depend greatly upon the age, strength, and constitution of the patient, and the manner in which he has lived; for a person who has been accustomed to eat hearty suppers of gross animal food, and drink strong, viscid liquors, may be cut off in the course of a few days; while a thin, spare or more delicate person, will linger many months, in consequence of having fewer materials in the habit for violent inflammation. The late Sir John Pringle, a distinguished ornament of his profession, says—"Diseases, arising from cold, are all of the inflammatory kind, viz. coughs, pleurisies, peripneumonies, rheumatic pains, and the like, together with consumptions, which, in the army, are almost always owing to neglected colds."—There is no doubt that it is not only so in London and Westminster, but throughout the whole kingdom. In confirmation of which, permit me to lay before my readers, part of a valuable paper, written by the late Dr. Fothergill, upon this subject.

"The most trifling cold or cough, says he, if it continues, may either advance gradually, till it ends in immediate mischief, or may leave such impressions as may subject the patient to frequent returns: a cough, therefore, in children

or

or young perſons, or in perſons of a certain make, at any time of life, ought ſpeedily to be cured."

The way in which colds do injury to the lungs and other parts, and lay a foundation for future miſchief, is, by the action of cold upon the *very* fine veſſels, which occaſion obſtructions, and a ſmall degree of inflammation, but not violent enough, at preſent, to be very obſervable; but ſuch a degree of tenderneſs is left on the parts affected, as often eſtabliſhes a habitual cough, which is rendered more troubleſome and dangerous by every additional cold; and which, ſooner, or later cauſes, the death of the patient, unleſs that care be taken, which we wiſh to point out, as neceſſary to prevent it. It is obſerved by Dr. Fothergill, that a cough, in perſons of a *certain make*, ſhould ſpeedily be cured, and for this reaſon; ſuch as are tall and thin, with long necks, flat cheſts, and with ſhoulders ſticking out like wings, and otherwiſe of a delicate texture, are the moſt common victims to conſumptions, and are what he means by a *certain make:* and, for the generality, thoſe who are ſaid to be born of conſumptive parents, or thoſe who often, indeed, die of what is termed hereditary conſumption, moſtly anſwer this deſcription, and are of that *certain make* juſt now alluded to, and which is found to run through whole families. To ſuch perſons I cannot but recommend the greateſt care, as colds, on them, commit the greateſt ravages, and they are always ſuſceptible of the ſmalleſt impreſſion. It requires, I very well know, more perſuaſion than I am maſter of, to leſſen this common, but fatal

inattention:

inattention: but, leſt I ſhould be ſuſpected of having repreſented danger in too high a degree, and of having given an opinion not well founded, the continuance of that excellent paper of Dr. Fothergill's, wherein he ſo feelingly expreſſes the diſtreſſing ſituation to which neglect ſubjects the human frame, is here inſerted: and I hope that any who may read it, will bear it ſtrong enough in their minds, to make them carefully avoid every tendency to ſuch neglect.

"I know, gentleman* (ſays Dr. Fothergill) that you (addreſſing himſelf to a Society of Phyſicians) as well as myſelf, often have occaſion to look back at the fatal neglect, committed both by the ſick themſelves, as well as thoſe who ought to have had their future health more at heart. With what eaſe would many of the moſt incurable conſumptive caſes have been prevented, or cured, at their firſt commencement? A perſon whoſe emaciated figure ſtrikes one with horror, his forehead covered with drops of ſweat, his cheeks painted with livid crimſon, his eyes ſunk, all the little fat which raiſed them in their orbits, and every where elſe, being waſted; his pulſe quick and tremulous, his nails bending over the ends of his fingers; the palms of his hands as dry as they are painfully hot to the touch; his breath offenſive, quick, and laborious; his cough inceſſant, ſcarce allowing him time to tell you, that ſome months ago, he got a cold; but perhaps he knew not how he got it; he neglected it for this very reaſon, and neglected every means of

* See Medical Obſervations and Inquiries, vol. iv.

of assistance, till the mischief was become incurable, and scarcely left a hope of palliation. You see multitudes of such objects daily, and see them with a mixture of anger and compassion for their neglect and their sufferings. Excuse me for trespassing in this manner on your time and your humanity. Though it is not in your power to prevent all these sacrifices to ignorance and inattention, yet, if the faculty combine in prompting their fellow citizens to necessary care, and prompt them to suffer no slight beginnings to pass unregarded, however they may be acting against their own interest, they will have the satisfaction of contributing to the preservation of many a useful life; for perhaps, among those who perish by consumptions, there are many who, in respect to the excellencies both of body and mind, have given indications of becoming conspicuous ornaments of humanity."

Can there be a more affecting picture of a common and distressing scene! and shall one see the same want of care continue to prevail after such a pathetic and feeling exhortation? Yet I very much fear, from the numbers who have applied to me in the last stage of the disease, without having been enjoined to follow any particular or proper regimen, that the fault does not always lie with the sick only. Since the First Edition of this work, I have seen no less than ten persons in the last stage of consumption, who had never been bled, blistered, or directed to follow any regimen, yet had been swallowing greasy emulsions and opiates to appease the cough, and nothing to remove the original cause of it.

Now

Now that I have attempted to point out the dangerous conſequences of neglecting coughs and colds, I ſhall next adviſe a plain and ſimple method of cure, which is in every one's power to make uſe of. If they begin very violent, or continue long, truſt not too much to your own conjectures but ſeek the beſt advice you can. If you are poor, there are numbers of Hoſpitals, Diſpenſaries, &c. in the metropolis, always ready to give the beſt directions; and, if in better circumſtances, it will be found a folly to put it off.

As ſome of my readers may wiſh to know how cold air proves injurious to the conſtitution, and as it may furniſh an additional caution for them to avoid expoſing themſelves more than is neceſſary, particularly thoſe perſons who have tender lungs, I ſhall give the manner as plain as I can.

The human body is furniſhed with innumerable minute veſſels, which open their mouths, or beginnings, on the external part of the ſkin, all over the frame; and theſe communicate with every part of the body internally; theſe veſſels are what are called the pores; they carry a moiſture out of the conſtitution, called inſenſible perſpiration, and the ſweat which is ſenſible; the inſenſible perſpiration is conſtantly and inviſibly exhaling from every conſtitution in health in very large quantities, even to the amount of ſeveral pounds, every twelve hours, in adult perſons. The lungs are furniſhed with a very large quantity of it, which may be ſeen if you breathe on a looking-glaſs, or when in a chaiſe with the glaſſes drawn up; it is thrown out of the mouth and noſtrils at every reſpiration; every part of the chaiſe is

equally

equally moiſt at the ſame time, though the glaſſes only point it out.

* Cold and damp air has the peculiar property of cauſing a ſpaſm, or ſome other means of acting upon the veſſels, or nerves, ſurrounding them ſo as to cloſe up their mouths, and prevent the natural and neceſſary diſcharge of perſpiration, ſometimes over the whole body, and ſometimes but in parts; and wherever this happens, the evil is preſently felt by the patient. If it is only in one particular part, as in a ſore throat, ſtiff neck, inflamed eye, or pains in any one particular place, it is termed local, and does not always affect the health; but if it happens in a larger degree, the health becomes injured from ſympathy, or conſent of parts, if not from general diſorder. If much of the inſenſible perſpiration is thrown into the habit, or in other words, if much of the ſkin is obſtructed, ſo as not to have a proper circulation, cold chills, and a ſenſe of cold water being poured down the back, and loins, are preſently felt; pain in the limbs, ſlight headach, and a kind of laſſitude, or wearineſs comes on, and is ſucceeded by fever, more or leſs.

As the lungs and the paſſage to them, are moſt expoſed to cold, moiſt or noxious air, they the moſt frequently

* Dr. Blane in a valuable work juſt publiſhed on the diſeaſes of Seamen, ſays, "that moiſture is pernicious both in itſelf, and as an inſtrument of putrefaction. All the Complaints, called Colds, are more owing to wet than cold; and moiſture may be the means of producing, or at leaſt of exciting dangerous Fevers, when they would not otherwiſe appear."

frequently receive the firſt impreſſion; then the cough is the harbinger of the effect. Inflammation either ariſes from the ſpaſm on the part, in the firſt inſtance, or from the degree of agitation which is given to the cheſt, by the act of coughing. One remarkable effect happens of confined perſpiration ariſing from colds in the eyes, noſe, and throat, of the ſerum or lymph, which is diſcharged, of contracting ſuch a degree of ſharpneſs and acrimony, * as to ſcald the parts it comes in contact with; it is this which irritates the upper part of the windpipe, and cauſes the perpetual coughing; and, perhaps, it is this kind of irritability, which may be the internal cauſe of fevers in general. And from hence it appears, why colds ſometimes are eaſily cured, having more or leſs of this acrimony, and why they become ſo dangerous, ſometimes, from trifling neglect, or after having indulged in heating ſpiritous liquors, &c. and from hence the abſurdity of the adage of "*feeding a cold*," whatever juſtice there may be in "*ſtarving a fever*," clearly appears.

THE

*It has been advanced by a very ingenious author, Dr. Reid, that the juices do not acquire any acrimonious qualities in conſumptive complaints. But the above is too common a fact to be diſputed. If they contract it in one caſe, why not in another? for the catarrhal defluction undoubtedly by ſome means gets a hot, ſharp, cauſtic, or acrimonious quality. It is not my intention to enter minutely into theſe things at preſent but to point out the dangers ariſing from the effects. The Doctor's book deſerves the attention of every medical reader. See Dr. Reid, on Phthiſis Pulmonalis.

CURE OF COLDS AND COUGHS,

&c. &c.

IN curing colds, three things are eſſentially neceſſary; to open the obſtructed pores; to diſcharge any irritating matter out of the conſtitution; and to obſerve ſuch a kind of diet, as ſhall conſiſt of a mild and innocent nature, and ſuch as is calculated to prevent fever, and inflammation, and at the ſame time be conducive to recovery.

As ſoon as a cold, or cough, is found to come upon a perſon, he ſhould immediately leſſen the quantity of his food; it ſhould conſiſt of ſuppings, moderately warm, eſpecially at night; ſuch as ſmall broths, water-gruel, and the like; the ſolids ſhould be rice, ſago, light puddings, fruits and vegetables; the drinks ſhould be barley-water, ſmall beer, apple-water, linſeed-tea, toaſt and water, or any other cooling liquid, that is free from irritable, or heating qualities.

A friend of the author, as ſoon as he finds a cold come upon him (and he is very much expoſed to the inclemency of the weather, from the nature of his buſineſs) confines himſelf entirely to this kind of plan, particularly to water gruel ſweeteñed with honey, which never fails to carry it off in a few days. He never is kept

cloſe

close to his house, but by attending to it early, prevents mischief, which would otherwise ensue. And the most simple fevers, as well as colds, might be removed by such early attention and prudent care.

Perhaps it will be asked, is a man with every trifling cold or cough, to lay himself up and keep his house or bed? if so, he may be always nursing and codling himself, neglect his business and other important concerns. To which I reply, there is a medium to be observed in every thing; the time for confinement to the house must always depend upon the violence of the disease; neither is it always necessary to be confined at home for a cold. But suppose I really thought so, no prudent man when he comes to consider seriously, that he stakes his health, and perhaps his life, to a day or two's confinement at home, or retrenching himself from rich food, wine, or heating things, will think much of the penalty to prevent it; for the enjoyment of health is the most important concern of human life; riches, honour, and power, are burthens without it; therefore every prudent means of obtaining it, is an indisputable duty implanted in our nature, and nothing more contributes to that end, than attending early to slight colds, in order that they may not prove the source of greater mischief.

If, on approaching the cold air, it causes a violent coughing, it is necessary to keep in a warm room till the tenderness of the lungs is gone off; otherwise, except in the case of fever, it is not requisite to be kept to the house, but attend to

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the diet, warm ſuppings at night, &c. which I ſhall mention more fully preſently.

Fever and colds become heightened by continuing to eat animal food, rich ſauces, and drinking of wines and ſpirits, which are deſigned to ſupport animal ſtrength, and furniſh the body with activity and fire, for exerciſe, pleaſure, or buſineſs, which at this time, inſtead of being wholeſome and friendly to the conſtitution, become its enemy, and nouriſh fever and inflammation. For this reaſon, the all-wiſe Creator has deprived us of appetite in fevers, and rendered food loathſome to the ſight; the cooling fruits and vegetables, and preparations of them, poſſeſs more nouriſhing properties than is commonly believed. Theſe were the phyſic of the primitive phyſicians; and many of the moderns, who are the greateſt ornaments to this country, perform numerous cures by a judicious adoption of them. Boiled turnips, roaſted apples, aſparagus, ſalſafy, ſcorzenera, lettuces, colliflowers, broccoli, &c. poſſeſs many ſaponaceous, cooling and antifebrile principles which correct the blood and juices, diſſolve obſtructions, and will do* more in eradicating the ſcurvy, and other foulneſſes of blood

* At ſome future period, I propoſe to offer to the world ſome obſervations on many efficacious ſimples of this kingdom; for while we are traverſing from pole to pole, in ſearch of new medicaments, we are neglecting many valuable ones at home. Such a work no doubt will be very uſeful to the public; but I hope ſome more able pen will take the hint, and ſupercede me in ſo neceſſary an inquiry; in the mean time, whatever future experience or ſtudy may throw in my way, to that end, ſhall be given with candour and truth.

blood of that nature, than all the Norton's Drops, Frankfort Pills, Mercurials, Antimonials, &c. in the nation; and they are perfectly innocent, which is more than I am able to say of those medicines beforementioned.

The above kinds of nourishment, together with a plentiful dilution of soft drinks, involve the floating acrimony, lessen the spasmodic affection and tend to promote perspiration. Small wine, or lemon, or vinegar whey, amazingly contribute to this end. If they are made too strong of wine, or spirits of hartshorn, &c. they heat and stimulate, and have a very contrary effect to what was intended; the patient becomes hot, and restless, instead of having a moist skin and a refreshing and balmy sleep.

Bathing the feet in luke-warm water, or bran and water, a little hotter than milk just taken from the cow, going to bed, is an excellent simple mode of producing a regular circulation, and gentle perspiration. Great caution is necessary here, not to get fresh cold; the feet should be carefully and speedily wiped dry and afterwards wrapped up in a warm dry flannel, and the patient go immediately into a warm bed. If the water be too hot, it proves a great stimulus, and does injury; and if cold, can do no good. It is no uncommon thing for persons who drink gruel, and other warm liquids, to promote perspiration, that they take them before they undress, by which means, if it happens to be cold weather, they get fresh cold in undressing: for the warm drinks make them often break out into a sweat, which becomes checked before the patient gets into bed.

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I would therefore adviſe them to be taken after the patient is in bed, and then for him to lie down immediately, and to keep ſtill and quiet for ſome time, and no doubt but the expectation will be gratified.

If the patient has a cold, attended with ſtuffing of the noſe, a cough, and hoarſeneſs, or either of them, very bad; let him receive the ſteam or vapour of a large pan of warm water, wherein a few camomile flowers, or elder, or roſemary, have been boiled; this ſteam ſhould come in contact with the whole head, and face, and be continued for a full quarter of an hour, or more, and ſhould be kept hot by freſh ſupplies of hot water being put into the pan; the head ſhould be covered with a flannel, or ſome other warm clothing, to prevent cold air coming at the ſame time,* and, after this proceſs is over, the ſame care is neceſſary to keep the perſpiration

* If the patient ſits up in the bed, and places a pan which will hold two or three quarts of water immediately under and before his face, letting it reſt on his lap, and a piece of flannel not too thick, being put over the head and face, and pan of water, this will keep the ſteam round the neck, head, and face; and at the ſame time will admit ſufficient air for reſpiration.

Where it be convenient, as it is in London, &c. and a cold having come on ſudden and violent may be removed in twenty-four hours, by the patient's being ſufficiently cupped between the ſhoulders, and afterwards bathed and ſweated and by drinking freely of ſome ſimple diluting liquid and taking a cooling purge. But the deſired ſucceſs depends much upon the very early application of the above means. The bathing the feet and ſteaming the head are a ſort of ſuccedaneum for the general bathing.

tion from being checked; the patient ſhould breathe through a handkerchief, that the cold air may be firſt warmed before it gets to the lungs; if the complaint is only about the head and throat, and no cough attends, a little vinegar added to the other ingredients may be of uſe. The bathing of the feet does neither preclude the warm drinks, or this remedy being made uſe of.

If the cough is the moſt troubleſome complaint, beſides the means juſt mentioned, the patient muſt be perpetually taking ſoft, mucilaginous drinks, prepared by the boiling of quince ſeeds in water, and ſweetened with honey or ſugar-candy, to the palate; or linſeed tea; a decoction of barley, figs, raiſins, &c. A tea-ſpoonful of Paregoric Elixir,* or ſyrup of white poppies, in half a point of either of them may be taken by ſpoonfuls, which will ſheath the paſſage to the lungs, and quiet the cough. Currant jelly, and ſome of the ſoft marmalades, contribute to the ſame end. Rob of elder, is a moſt excellent medicine for this purpoſe; and is apperient, ſudorific, and cooling; it is preferable to ſpermaceti, and oily medicines in general. But as oils and ſpermaceti have ſometimes their uſe, I would recommend them not to be taken in ſuch large quantities, as is too commonly done, becauſe they are apt to turn rancid upon the ſtomach.

* Wherever Paregoric Elixir is recommended, I would wiſh it to be underſtood, that where there is much heat, and opiates are thought proper, that the preference ſhould be given to the ſyrup of white poppies, or a few drops of laudanum; as the elixir is prepared with ſpirits of wine, and may be too heating.

mach. When they are thought proper, the following ſmooth emulſion is deemed excellent.

Take of barley water, ſix ounces by meaſure, white ſugar, and powder of gum arabic, of each three drams; incorporate the ſugar and gum arabic together in a mortar, with a ſmall quantity of the water, and gradually mix one ounce of freſh and ſweet oils of almonds, linſeed or of olives, and then by little at a time, add the reſt of the water, and it will be a ſoft white emulſion.

After the ſame manner a dram or too of ſpermaceti may be diſſolved, with double the quantity of mucilage of gum arabic,* and a little ſugar, with ſix ounces of barley water or pure water, and a ſmooth emulſion will be prepared. The ſpermaceti ſhould be free from rancidity, and when the emulſion is made, it ſhould not be kept above twenty-four hours, as it is apt to get ſour, or to ferment.

It is not uncommon for a phyſician to forbid all kinds of animal food, broth, and wines, leſt his patient ſhould be heated by them; when perhaps in his preſcription may be found ſtrong cordial water, and the ſpermaceti diſolved with the greateſt part of the yolk of an egg, which every one knows is not acting with conſiſtency.

If opiates are proper, half an ounce of ſyrup of white poppies, or from ten to thirty drops of laudanum may be put into either of theſe emulſions, and a ſpoonful taken now and then, according to the urgency of the cough, which will

* Mucilage of gum arabic is prepared by diſſolving one ounce of the gum in three ounces of warm water.

will be ſpoken more of when I come to treat on opiates.

The following emulſion may be prepared of white poppy-ſeeds or blanched ſweet almonds, which will not only ſheath the paſſage to the lungs, but be nutritious and cooling, and very good in fevers of the inflammatory kind.

Take of almonds blanched freſh and ſound, or of white poppey-ſeeds, two ounces, beat them in a marble mortar with the ſame quantity of ſugar, till they are ſmooth, adding a ſmall quantity of water to facilitate that purpoſe; a quart of Briſtol, or pure water, or barley water, may be added to theſe ingredients and ſtrain it through a muſlin rag or fine ſieve, and then it is fit for uſe; if it is required to be more mucilaginous, an ounce of gum arabic may be diſſolved in it. Half a pint of it taken a little warm now and then wonderfully ſheaths the ſharp mucus, and dilutes the acrimonious juices in the firſt paſſages.

I have already ſpoken of one ſpecies of inhalation, viz, the vapour from a pan of water and camomile flowers, but to anſwer a different purpoſe than what I am going to adviſe another for. The great Boerhaave, Baron Van Swieten, and the late Sir John Pringle, very ſtrongly recommended the receiving of warm vapours to the lungs, in coughs and complaints of that organ; my experience, if of any weight after ſuch authorities, confirms their utility. Mr. Mudge, a very ingenious ſurgeon at Plymouth, has lately publiſhed a book, deſcribing a machine which conveys the vapour very commodiouſly to the lungs, which he calls an Inhaler, wherein he declares

declares that the uſe of a tea-ſpoonful of paregoric elixir, taken at bed-time in ſome warm liquid, and the uſe of the warm vapour of ſimple water through his machine, will cure a catarrhous cough in a night's time. The public are much indebted to Mr. Mudge for his ingenious invention, but many of the poorer ſort of people cannot afford to pay Half-a-guinea for it, a price certainly extravagant for ſo ſimple a machine. I could wiſh the poor to receive the advantages of health, equally with the rich, and the means of obtaining it, when they unhappily want it.

Thoſe who cannot afford to buy the Inhaler may make uſe of a large coffee-pot, half filled with warm water, or by receivng the ſteam through a funnel, by inverting the broad part over a veſſel of hot water, and apply the mouth to the ſmall end; this will be a good ſuccedaneum where an inhaler is not to be had.

Every cough, whether moiſt or dry, attended with, or without inflammation, receives benefit from the uſe of the Inhaler: as alſo pleuriſies, ſore throats, aſthmas, and every affection of the cheſt, except in ſpitting of blood. Mr. Mudge recommends the vapour of warm water only: but I believe that many different herbs, boiled in water, would furniſh certain uſeful virtues in particular caſes. Indeed Sir John Pringle ſays, in his diſeaſes of the army, that Dr. Huck Saunders (a name as reſpectable as any who practice phyſic) had found great benefit from the addition of a little vinegar, where tough phlegm abounded.

Nothing can more ſtrongly recommend the act of inhalation, than the following quotation from

the very eminent Dr. Huxham, and as it confirms my mode of treatment, I beg leave to give it at large.

"But nothing more effectually promotes expectoration, (by attenuating and resolving the impacted matter) than drinking freely and frequently of cooling, relaxing and gently saponaceous liquors; such as thin whey, the barley ptisan, with liquorice, figs, &c. the decoction, or rather infusion, of the pectoral herbs, as ground-ivy, maiden-hair, colt's foot, hyssop, &c. these should be gently acidulated with juice of lemon, or Seville-oranges; if any more detergent in the above drinks is wanted, honey may be added, an admirable natural cordial soap, thrown almost out of the modern Materia Medica, I know not why, or how, for where it gripes or purges one, it agrees with a thousand, and even its griping or purging quality may be easily corrected by boiling. Hippocrates used oxymel and mulsum in such cases, and advised against drinking mere water, in pulmonic cases, as neither good for the cough, nor to promote expectoration;—any of all these things by turns drank warm, answer the above intention exceedingly well, if taken in frequent but small quantities, sipping them as it were perpetually; for by this means much of the relaxing and resolving vapour is also drawn into the lungs, and much of them absorbed by their imbibing vessels, so that the relaxing and diluting is thus carried on in a double manner, and of course very effectually. Very large draughts should not be taken at once; for they overcharge the stomach, produce indigestion and flatulence,

and

and force up the midriff too much, which greatly embarraſſes the reſpiration; therefore Hippocrates adviſes to drink in thoſe diſeaſes, out of a cup with a narrow mouth, probably both that the liquor and vapour might be preſerved warm longer, and that leſs might be drank at a time, and alſo that the ſteam might be more copiouſly carried into the mouth and noſe —Many kinds of drink he adviſes for this purpoſe, but particularly recommends barley water, honey and water, oxymel, vinegar and water."

From hence it appears that warm vapour, is of ſignal benefit; I would not recommend any other in ſimple coughs or colds, than the vapour from water in which have been boiled camomile, or elder-flowers, milk and water, marſh mallows tea, or ſome ſuch ſimple things. There is a liquid called Stern's Æther, which I think a great deal too irritating for lungs in any degree inflamed. For the great intention of inhaling, is to relax the rigid or irritable membrane that lines the trachea, or paſſage to the lungs; to ſheath the parts that are excoriated by the ſharp mucus, or to leſſen the ſharpneſs of that mucus, and cauſe it to be more eaſily ſpit away.

The cold air ſhould be carefully prevented from coming to the lungs after having inhaled; it is better done in bed than up, for this reaſon, and alſo becauſe it generally promotes perſpiration.

If a cold be at all ſevere, nothing can ſo ſoon contribute to leſſen that ſeverity, and prevent a fever, as gentle purging. I prefer the mild ſimple things to ſuch as are more active and violent, for it is not the very great number of motions

that

that are procured, that give the expected relief, as the ſtronger purges hurry through the bowels, and do not carry the irritating cauſes out of the body, nor do they tend to cool the blood and juices, and thereby prevent both fever and inflammation, which is the material object a Preſcriber ſhould have in view. Manna, and Glauber's-ſalt, cream of tartar, tamarinds, rhubarb, and ſal polychreſt, lenitive electuary, or indeed any other gentle cooling means, which the patient has been accuſtomed to uſe, will be right to have continued. The following mixture is very well calculated for this end, and will agree with moſt conſtitutions.

Take of Epſom, Glauber, or Rochelle ſalt, one ounce; boiling water or ſimple peppermint-water, four ounces; tincture of rhubarb, or of ſena, one ounce and a half;* mix. Half or a third of the whole may be taken in the morning, and repeated once in two hours till a motion or two be procured. An ounce of manna may be added to it, if the patient pleaſes. As a perſon, hard to purge, can take the whole of the above mixture, it muſt be properly proportioned to ſuch as are more eaſily moved.

Such as cannot take a liquid, may uſe the following pills, and dilute with barley-water, warm tea, or water gruel.

Take

* When there is much heat or fever, the tinctures being made of ſpirit muſt be omitted, and a dram of ſena leaves infuſed in the liquids, to make the medicine more active, if neceſſary.

Take of rhubarb in fine powder, and ſal polychreſt, of each one ſcruple; calx of antimony unwaſhed ten grains; of ſyrup of buckthorn a ſufficient quantity to make eight pills, four of which may be taken at night, and the reſt in the morning, if no effect be produced before; if theſe ſhould not be found quick enough, for any particular conſtitution, a few grains of extract of jalap may be added.

For thoſe who are uſed to take an electuary, cream of tartar, and lenitive electuary, mixed together, will often anſwer the purpoſe. A teaſpoonful taken night and morning, ſo as to procure two motions a day, is very ſufficient.

After the body has been ſufficiently opened, (or indeed before, if the ſymptoms are preſſing,) that is, if there be much fever, pains in the limbs, head, or back, the cough hard and troubleſome, or there be any darting pains in the cheſt, or under the breaſt bone, or if the muſcles of the belly be made ſore by the perpetual coughing, bleeding is abſolutely neceſſary: for thoſe pains denote inflammation having ſeized ſome part; and as nothing ſtops the progreſs of inflammation, ſo much as bleeding, from ſix to ten ounces of blood may be taken away immediately; a few ounces taken away *now*, may prevent the repetition of the operation very many times; if this period be miſſed, and the inflammation ſuffered to go on for the want of it. You will perpetually hear of danger ariſing from bleeding, of producing agues, or that it is not right to bleed in cold weather, or ſome other ſimple reaſon given why the operation ſhould not be performed.

Wherever

Wherever there is a tendency to inflammation, and particularly in the lungs, none that are in their ſenſes will heſitate to take blood away. Suppoſe you have weak nerves, or be gouty, or low, the loſs of a few ounces of blood will do no great harm, but the omiſſion may. The quantity muſt be proportioned to the neceſſity, age, and ſtrength of the patient, and to the manner in which he has been uſed to live; for one would not bleed a delicate perſon, who lives regularly in the ſame quantity as one who lives freely, and is more robuſt.

The great fault is, that bleeding, like other means neglected too long before it be performed, loſes much of its power. For when miſchief has taken place, the diſeaſe will have its regular courſe, and twenty repetitions will not have ſuch ſalutary effects, or be ſo able to reduce the inflammatory ſtate of the blood, as one timely one would in the beginning. A few ounces of blood in coughs may generally with ſafety be loſt; but a repetition requires able advice to direct properly.

After a proper regimen has been obſerved, the body been opened, and a few ounces of blood taken away, if the cold ſhould not have been attended to in time, or not get any better with the above mentioned treatment, antimonials, given in mild doſes, very much contribute to relax the ſkin, open the pores, and remove fever and inflammation; and indeed it requires all thoſe very often to remove bad colds.

In adminiſtring antimonials, I am not prejudiced in favour of any particular preparation whether

whether antimonial wine, kermes mineral, emetic tartar, or Dr. James' powder; I think indeed that all the virtues of antimony, may be received from emetic tartar, or kermes mineral, the former in doſes of a quarter of a grain, to half a grain, given once in three, four, or ſix hours, in any vehicle; and the latter from one to three grains in the ſame diſtance of time, as they may be found to operate. A nauſea, or ſickneſs being produced and ſucceeded by ſweat, or a few gentle motions, or both, is the operation I would wiſh, but not with violence; for perſons often increaſe their colds by being obliged to get out of bed frequently when in a profuſe perſpiration, from the violence of the antimonial. Indeed, when there is much bile in the firſt paſſages, it ſerves to increaſe that violence. The opening of the body with my mild purge, previous to the adminiſtering antimony, prevents this taking place.

In twelve hours, fever, and cold will often be carried off by a prudent uſe of antimonials; but bleeding and purging ſhould precede their uſe. If Dr. James' powder be preferred, from three to five grains, may be given every three, four, or ſix hours, as was before adviſed. The patient does not reap benefit from being ruffled, and perſons full of blood, and thoſe that are weakly, receive much injury from it. Thouſands have fallen a ſacrifice to its indiſcriminate uſe. The more mild and regular it operates, the better and ſafer; that is, by gentle ſickneſs, ſweating, urine, or ſtool, or all together moderately.

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One caution is neceſſary to be obſerved by thoſe who give James' powder, according to the directions in the packets, or papers, which are ſold, always to weigh the quantity with nicety which they mean to give, and never to truſt to what their paper ſtates it to contain. They profeſs to put into each paper, twenty grains and a fraction, but the Author has weighed them often, and found ſome to contain twenty-nine grains in each ſingle paper, and in others, fourteen grains only; and any candid perſon may eaſily judge of the miſchief that may be done by ſeven or eight grains, given to weakly perſons, when five were only intended; and what delay, and of courſe injury, muſt accrue to others, in giving and depending, upon the operation of five grains, when three, or three grains and a quarter, had only been taken. It is a medicine of great power, and great virtue, given properly; but in theſe uncertain doſes, and when not properly adapted to each particular caſe and conſtitution, is capable of proving highly miſchievous. The public have a right to exactneſs from the proprietors of the powder, conſidering how well they are paid for it; but above all, when it is conſidered that the health and lives of his Majeſty's ſubjects are at ſtake.

If the body and ſkin ſhould be very hot and feveriſh, five or ſix grains of nitre, in barley-water, or the almond emulſion, will leſſen the heat and not interfere with the antimonials, when taken between the hours of taking the antimony.

The

The following mixture is one of the beſt general medicines to cure fevers in moſt conſtitutions that can perhaps be preſcribed, and poſſeſſes no quality likely to do harm, a circumſtance which the author would wiſh a preſcriber to have always in view.

Take of the freſh juice of lemons, three ounces; ſalt of wormwood, two drachms; emetic tartar, one grain; ſimple ſpear-mint-water, five ounces; ſugar as much as may be palatable. The whole of this mixture will make four doſes for an adult perſon, and may be taken at the diſtance of four, five, or ſix hours between each doſe; younger perſons may take two ſpoonfuls at the ſame diſtances of time, as may be found neceſſary; but I would adviſe people not to truſt to this, or to any general medicine too long, for fear ſome ſymptom, attending particular caſes and conſtitutions, ſhould indicate ſome other mode of treatment, and which none but the experienced can diſtinguiſh or diſcover.

Dr. Buchan has very ſtrongly recommended a plaiſter of Burgundy pitch, to be applied to the back for an obſtinate cough; I have known it of ſervice, but a bliſter is often as little troubleſome and more ſpeedily beneficial. Where a bliſter is objected to, uſe the other, but depend not on externals only, of any kind.

Opiates are often given in troubleſome coughs, and no doubt are eſſentially neceſſary to abate the violence of them, and to procure reſt, for the continual action of the cheſt and lungs, and muſcles, ſurrounding them, which is occaſioned by the pain and agitation of coughing: but as opi-

ates increaſe the heat of the body, they ſhould not be given before bleeding and purging, or where there is much fever, but by the hand of a maſter. Dr. Fothergill held this opinion.

After the heat and fever are abated, and there is a free expectoration, and the cough ſtill very urgent, a tea-ſpoonful of ſyrup of white poppies, or five drops of liquid laudanum, may be taken at going to bed, in a teacup of any of the beforementioned emulſions, or mucilaginous drinks: if this ſhould not be ſufficient, a larger quantity may be taken to anſwer the purpoſe; but make the addition with caution.

Very obſtinate hoarſeneſſes, when unattended with fever, I have known cured in a day, by taking a tea-cupful now and then, of a ſtrong decoction of horſe-radiſh; where there is a fever, it might be too heating and likely to increaſe it.

Farther with medicine I mean not to go, nor even quite ſo far, if violent ſymptoms come on, without calling in good advice, as I have all along intimated. But as ſo many people have a propenſity to *Quackery*, I would wiſh them to do it with as little miſchief as poſſible, and as near the regular practice as may be, and for this reaſon, there is held out to them, ſafe, and mild remedies, with cautious rules for adminiſtering them, and I doubt not but if they are given properly, they will have the deſired end.

I think it my duty, after having given ſome directions how to remove colds, and prevent them from becoming dangerous, to offer a few remarks, whereby colds may be prevented, and conſtitutions,

conſtitutions, ſubject to catch them, rendered leſs liable to do ſo, to make the weakly to become ſtrong, and the ſtrong more vigorous.

In a variable climate like ours, much will depend upon regularity in living, and the mode of dreſſing agreeably to the ſeaſon of the year, and ſeverity of the weather. In England we are very neglectful in this particular, but a great deal depends upon cuſtom begun early in life, and regularly continued. Very weakly conſtitutions may be very much improved, and ſtrengthened, by training them gradually to bear the viciſſitudes of this changeable atmoſphere, and make them become what is called *hardy*. But I have ſeen this very often carried too far; the vigour of the body as well as the mind, in ſome conſtitutions, may be very largely increaſed, whilſt in others, if you preſs it beyond a certain *pitch*, you injure both. Parents who have theſe objects in view, would do well to conſider the natural ſtrength of both body and mind, and to bend the bough very gradually; otherwiſe they will often break it in the attempt. So it is in perſons that are ill, or recovering from ſickneſs. When the body is in good health, it may be made, by degrees, to bear almoſt every change without inconvenience; but whilſt diſeaſe, or its effects, remain, the moſt trifling innovation in diet, clothing, &c. is not without danger.

I am informed by a gentleman who has travelled much, and often been in China, that the changes from heat to cold, and from cold to heat, are more regularly progreſſive there, than in any other country he had ſeen, or heard of; and that the natives

natives as carefully attend to putting on, or pulling off their clothes, as the cold is found to increaſe or diminiſh, with the moſt religious obſervance. By theſe attentions they preſerve themſelves from fevers, &c. But in England, all orders of men are inattentive to the changes of the weather, though they may ſee fevers and many dangerous complaints daily ariſe from the neglect of it. What a pity it is that Britons, ſo famed for *Philoſophy* and the *Arts*, ſhould be as careleſs in general, in the moſt valuable of all arts, *that of preſerving health*, as if they were not acquainted with either.

Nothing perhaps contributes more to ſtrengthen the conſtitution, and render the body leſs liable to catch cold, than bathing in the cold Bath, or in the Sea. Yet this ſhould never be uſed whilſt the patient has a cough or cold upon him; but if it is begun in relaxed or weakly conſtitutions, or ſuch as are called nervous, colds and their conſequences will be prevented. It may be uſed twice or thrice a week.

I have often obſerved that children and others have been ſent to the ſea for the ſake of bathing in the ſalt-water, when it has been attended with much inconvenience in other reſpects; the ſea air has ſome advantages in ſome particular complaints, but in general every advantage of ſea water may be derived from pure water, juſt pumped or drawn from a well into a large veſſel; or thoſe who have an opinion of ſalt, may put a pound or two of bay ſalt into the water; this will make a large tub equal in ſaltneſs to ſea water. Thoſe who dip children for the rickets,

or

or any other weakneſs, particularly in ſummer, ſhould change the water three times a week, and not let it receive the heat of the ſun; and the addition of the ſalt in ſummer will have ſome advantage in making it colder and therefore more ſtrengthening.

The advantages derived from waſhing children in cold water every morning, cannot be too often enforced on the attention of parents: it ſtrengthens their tender limbs, and keeps them from the rickets, and the habit of taking cold. Children cannot be too ſoon inured to bear all kinds of weather.

Warm clothing now demands my moſt ſerious recommendation, and the readers moſt ſerious obſervance, as it is of the utmoſt conſequence, to prevent catching cold; for a variety of changes frequently happen in one day, and often in the ſpace of a few hours, in this uncertain climate. The keenneſs of the North, and North-eaſt winds, and the many ways and ſituations in which the human body becomes neceſſarily expoſed, render it proper to fly to clothes ſufficiently warm to prevent their baneful effects. We ſee what deſtruction they make on the tender herbage, and even upon hardy vegetables, deſigned by nature to defy their piercing powers. And as Dr. Akenſide, in the pleaſures of Imagination obſerves.

They ſourly check the progreſs of the year.

As vegetable life is deſtroyed by cold, ſo is the life of man very frequently, by its producing fevers, rheumatiſms, &c. but it very often happens from his own neglect of doing what is right

in time to prevent it. Moiſture is alſo very injurious to the human body; but cold and moiſture joined together, are more powerfully bad than either of them ſeparately. Therefore, whoever is ſubject to catch cold, or have winter coughs, or aſthmas, ſore throats, rheumatiſms, &c. will find their intereſt in ſeeking the friendly aid of a flannel* waiſtcoat worn next to the ſkin,

* Having received ſome very ſenſible and friendly letters from annonymous correſpondents, particularly, two from I. B. Who, among other obſervations, deſires me to re-conſider the propriety of wearing a flannel waiſtcoat next to the ſkin, and refers me to a very good writer, Dr. Langriſh, who with ſome others, have conſidered it improper for valetudinarians.

In anſwer to which, I beg leave to ſay, that I very well know, that the wearing of flannel next to the ſkin, has been objected to by ſeveral ingenious phyſicians, and there is reaſon to believe that it does relax the ſkin in ſome degree, and muſt be left off very cautiouſly indeed, not to prove hurtful; ſome perſons may be injured by that relaxation, but how far the perſpiration may be rendered pernicious by being kept round the body by the flannel, or how far it may prove miſchievous by being reabſorbed into the conſtitution, I am not able to ſay. The theory I muſt own ſeems to tell againſt me, but the experience on my own perſon, and that of many others, ſpeaks much in its favour.

I have for ſome years paſt been very tender, and much of a valetudinarian, particularly before I put on a flannel waiſtcoat next my ſkin. I think, I owe my continuance of health to it, and am more robuſt and leſs liable to catch cold during our ſevereſt winters ſince I uſed it. I know that flannel, like all other things, cannot be applied to every perſon with equal propriety. But thoſe afflicted with winter coughs, or in Gouty, Rheumatic, and Aſthmatic conſtitutions, it is not only uſeful, but abſolutely neceſſary for; for even admitting that it does in ſome degree relax, its advantages greatly outweigh the diſadvantages, by reſiſting the

power

ſkin, and put on before the cold weather ſets in, and alſo in warm ſtockings and ſhoes; for the conſent between the feet and the lungs, throat and bowels is very great, and many a fit of the colic, &c. may be prevented by attending to this little matter.

It may not be improper to remark, that thoſe who for the generality are moſt expoſed to cold air, are the leaſt ſubject to get cold, and will be found to enjoy the beſt ſtate of health. But ſuch perſons

power of cold, which is always unfriendly to ſuch conſtitutions. Thoſe who object to flannel, may wear calico inſtead of it; thoſe who object to both of them may wear a thin leathern waiſtcoat over the ſhirt, as is the cuſtom in Spain: this is not ſo porous as flannel, and defends the body from the penetrating powers of the cold winds.

I am aware that the more the body is inured to cold, the ſtronger it will be, and the more it will reſiſt the piercing effects of cold, and that nothing enables the body to do ſo, equal to cold bathing; but it is by no means proper for all perſons, neither can it always be conveniently had if it were proper. Dr. Langriſh in page 265, condemns the common practice of wearing flannel next to the ſkin, but whoever will read the whole of his book, and ſee what numerous evils ariſe from the effects of cold, will think with me, that it makes ſome apology for its uſe. Dr. Ruſh, * Phyſician General to the American army, ſays, "that thoſe officers and ſoldiers, who wore flannel waiſtcoats next to their ſkins, not only eſcaped colds, but dyſenteries, and other contagious diſorders; while thoſe that wore none, were ſoon hurried off, by diſeaſes ſo commonly fatal in camps."

I am not tenacious of any opinion I may have formed, and am always ready to pay the greateſt deference to that of others; but when experience has ſo repeatedly confirmed to me the facts I mean to eſtabliſh, I hope to be excuſed, if I do not implicitly give up my own.

* See memoirs of the Mancheſter Society.

perſons as have tender lungs, cannot bear much expoſure to cold in the winter of this climate. As there cannot be any certain rules laid down for the preſervation of the health and life of man; the ſavage of the woods, and the citizen of the world, being both liable to diſeaſes, therefore what moſt agrees or moſt offends, is not only the duty but the intereſt of every man to ſtudy, as the knowledge of it is within the reach of every man to obtain. If any are very chilly, or much pinched by the cold, when in good health, it will be right to put on clothes ſufficient to remove that inconvenience. If any can bear the cold, and viciſſitudes of winter with thinner clothing, and enjoy good health, there can be no reaſon for them to alter any mode which agrees with them; ſo that every man muſt judge for himſelf. People in health have powers which reſiſt many evils of climate, &c. but when once the body has been weakened by previous illneſs, it requires much caution, and much time to regain to thoſe powers, efficacy and ſtrength, equal to what they had before.

So it is with that uſeful body of ſubjects the labourers in agriculture, and in other robuſt employments, in the open air; habit begun from infancy ſo far ſteels their nerves, as to reſiſt almoſt always the effects of heat and cold; but they very often fall victims to their own incaution, though they know that it is bad for them, as by drinking cold drinks, and lying on the cold graſs, or ſtanding ſtill, when they are in a ſweat, or much heated by violent exerciſe. If this were frequently ſpoken of from the pulpit, or by gentlemen,

tlemen, and farmers to their ſeveral labouring men, it is not improbable but it would be better obſerved, than if left to their own diſcretion.

The ſitting in rooms after they have been juſt waſhed, as is too often the caſe of the lower orders of people, is the cauſe of much miſchief. The living in damp ſtone kitchens is alſo the deſtruction of many hundreds of ſervants yearly.

The letting wet clothes dry upon the back has cauſed many a grievous rheumatiſm, colic, and ague, which might have been avoided. Many young workmen, ſuch as maſons, plaſterers, carpenters, paperhangers, painters, &c. are cut off in their prime from the ill effects of cold damp houſes, wet walls, &c. I have often known perſons get very ſevere colds, by ſitting in cold damp churches during the time of ſervice, and others have been equally hurt by having ſat in a beſt drawing-room, which was appropriated to receive company and uſed only now and then; a fire has perhaps been lighted a quarter of an hour before the company met, which draws out the damp of the furniture into the room, but does not diſſipate it. The perſons ſitting ſtill all the time, are in no ſituation to reſiſt the bad effects.

Beds not having been lain in for ſometime, contract a damp particularly hurtful to many; ill-dried linen is alſo another mighty evil, and thoſe who have the health or happineſs of others at all at heart, would do well to be careful of the above particulars.

No body of men enjoy better health than coachmen and chairmen, who go through every viciſſitude of weather, and I attribute it to their going

going ſo warmly clothed as they do. Their health would be ſtill more permanent, if they had not a bad cuſtom of drinking warm purl, and other warm drinks, and immediately after going into the cold air; whereas a glaſs of any ſpirits or a pint of cold ſtrong beer, fortifies the body againſt cold much more, becauſe the warm drinks open the pores, and the cold ones do not.

I am ſorry to ſee ſo many abſurd faſhions invented for my fair country-women, fraught with ſo much danger to their health, and of courſe to their beauty. If they are to wear great hoops, ſhort ſtays, and petticoats up to their knees, they require warm flannel drawers, and warm under coverings to keep them from the influence of cold. It is a matter of ſome ſurpriſe, that delicate as they really are, more miſchief does not accrue from ſuch modes of dreſſing. In a morning they are wrapped up, with cloſe warm gowns, and the face, neck, and cheſt, carefully guarded from cold by a warm cap and handkerchief; and in the evening, are ſeen half naked in the play-houſe, or in a cold coach. Or, perhaps, after ſitting in a warm room, heated with large fires, a number of candles, and full of people for three hours together, then, all on a ſudden, they walk through a cold airy gallery, and winding ſtairs, with currents of wind blowing up; and afterwards are driven a mile or two in a cold coach, through pinching froſt, or a damp midnight air.

Our young men are equally careleſs in conducting themſelves in the ſame reſpects, as well as in their clothing: one minute they are in a

hot

hot crouded play-houſe, and the next expoſed to the cold piercing eddies, and great currents of air that are felt round its avenues, the larger ſtreets, and St. Paul's ; and ſo indiſcreet is pride, that you ſeldom ſee them in a great coat when they are dreſſed for the evening, although they have been wearing it almoſt the whole day before.

Our young citizens are very regardleſs of this circumſtance ; one part of the day they are in a cloſe warm compting-houſe, and in the evening you ſee them with thin light clothes, with the breaſt open, and perhaps under a courſe of mercury. Mercury is bad for the body when troubled with a cold, and it is alſo dangerous to be expoſed to wet and cold during the time of uſing it. I could wiſh the morals of the people were ſuch, as not to require its ſo frequent exhibition ; but as I cannot be expected to reform the age, it is my duty to recommend ſuch means as will prevent its doing miſchief, where its ſpecific virtues are required.

I obſerve many of our *public Offices* are kept remarkably warm with fires and that the clerks belonging to them are very ſubject to conſumptions, aſthmas, and other complaints of the cheſt ; partly as I apprehend from their ſedentary way of life, and the certain poſition of the body for hours together when writing : and partly from the ſudden and unguarded manner of expoſing themſelves to the cold when thay leave their employments. The mouth and noſtrils ſhould be guarded with a handkerchief, for ſome time after they

they go out, as well as having a great coat on, for the cold air does mischief this way very often.

Too warm clothing relaxes and debilitates the body, and promotes too plentiful perspiration; a medium is therefore to be observed, but a want of that which is proper, is attended with more serious mischief than too warm a clothing, if it be not imprudently thrown by *suddenly*.

Children, that are subject to gripes, convulsions, coughs, &c. should always wear warm stockings; these, and many of their complaints, arise, from their limbs being chilled, by the severe cold of our winters, and their legs and feet not being covered at all. A pernicious custom!

To conclude, if every person who finds himself afflicted with a cold, would take the trouble to read this pamphlet with attention, so as to understand its contents well, and not cursorily to catch one part, without attending to the other; and afterwards carefully to apply the means here recommended, I flatter myself, without presumption, that the complaint would soon be removed, and the patient, instead of languishing many months of a consumption, in consequence of having neglected this care, would enjoy good health, and vigour. Were this to be attended to in general, it would soon put an end to the disputes of the learned, whether our *births*, or our *burials*, exceed each other; by the great numbers of subjects it would save to the state, and shew foreigners, that consumptions are rarely, if ever contagious in *England*, and by no means so common as they are in Spain, Portugal, and Italy. The great contagion here is, *carelessness of colds in their*

their origin, which I hope to see lessened every day. It is *my* most anxious *wish*, and if I have the pleasure to hear, that, *but one parent saved his darling son, or one son an affectionate and tender parent, through these directions, I shall have a rich reward;* and it will confirm me in an old favourite motto, that "NO LIFE IS SO PLEASING TO GOD, AS THAT WHICH IS USEFUL TO MAN."

SUCCESSFUL DIRECTIONS,

HOW TO

PREVENT AND CURE

CONSUMPTIONS.

———For want of timely care,
Millions have died of medicable wounds.
DR. ARMSTRONG.

THERE is no diſeaſe which robs the world of ſo many uſeful members of ſociety as conſumptions; the merchant, the mechanic, and the ſcholar, alike become victims to its fatal influence; for not only men of the greateſt talents, but women, of the faireſt forms and livelieſt ſenſibility, who might have become ſhining ornaments to the nation, and patterns of domeſtic happineſs, are untimely ſnatched away by this cruel diſtemper.

Conſumptions have always been common in this country, and I very much fear, they are found rather to increaſe than diminiſh, and probably from

from some of the following causes. Our youth are not so robust and strong as they used to be, owing to the present modes of living and other bad habits. We have many more persons employed in sedentary trades than used to be, in large towns and in many businesses, which furnish the surrounding air with unwholesome materials, which are drawn in with the breath, and injure the lungs; many are also engaged in employments which require an almost constant bending of the body forwards; and others to press upon the chest, and so cause additional labour in respiration; and consequently to the circulation of the blood.

Pleasure and dissipation, are also sought after by all ranks of people; the numerous places of public amusements, are so many seed beds, and nurseries for colds. In summer as well as in winter, the same danger prevails; owing to persons not considering sufficiently the nature of our climate. At Vauxhall, and other nocturnal amusements, what numbers may be seen at midnight as thinly clothed, as they were in the middle of a hot day? the hotter the day, the larger quantity of dew naturally falls, and sometimes the whole atmosphere is loaded with watery vapour, and a brisk east, or north east wind, blowing at the same time; the pores being opened by the heat of the day, more readily become suddenly closed, a check of perspiration takes place, the lungs at the same time imbibe the damp and cold air, and a foundation is often thus laid for future serious mischief.

But

But while the chilling dews descend,
Let nothing tempt you to the cold embrace
Of humid skies.

DR. ARMSTRONG.

Our boys, particularly in the metropolis and other large places, have too early and too frequent a knowledge of the other sex, which lessens the growth and strength of their constitutions. Nor does the mischief stop here, for a *certain disorder* is too often the consequence of such pursuits; and the means necessary for its cure often debilitates the body, breaks down the crasis of the blood, weakens the elastic fibres, and renders the body more liable to receive and less able to resist, the sudden changes, which they are perpetually exposing themselves to.

There is also a practice, too common in large schools, and sometimes in private life, which has very bad effects on the constitution, which is Onanism. Parents, and guardians, and those who have the charge of youth about the time of puberty, cannot be too watchful to prevent it, or depict it in too hateful colours, in order to keep it from growing into a habit, and therefore become, like all other habits, difficult to remove.

There is also a pernicious custom of my fair country women, to consume great quantities of cosmetics to beautify the skin, and to remove pimples from the face, &c. These are all prepared with white lead, and other deleterious poisons; for they not only repel the humours, but communicate their poisonous qualities to the lungs, and other tender parts of their constitu-

tions. Dr. Huck Saunders told me, that two young ladies, sisters, died one after the other very quickly of consumptions, and the latter confessed to him, that she was sensible it was in consequence of a white lead wash, which they had used to whiten their skin.

To these occasional causes many more might be added; but as it is not my design to write a regular and complete treatise on Consumptions, I shall content myself with just stating the general appearances and effects of the disease, and such means as I have observed to be beneficial, or detrimental to those who have had the disorder.

The generality of consumptions, as I have before observed, are brought on by the neglecting of colds in their early state, or by some other cause, which might have been as timely removed, had it been attended to; in this I include such persons as are said to be born of consumptive parents, or in whose family some have died of this disease. For although I admit that many diseases are hereditary; and that very distressing cases frequently happen, where this proves fatal to several, in one, and the same family; yet I cannot but think, that many of them might have been prevented, by attending to the rules stated in this, and the former part of this work.

In the beginning of these sheets I have expressed myself, as strongly as I was able, of the numerous evils which arise from the want of care; but I have my fears, lest it should happen in this case, as it happens in general, that advice gives no new powers of resistance. Yet I cannot

again

again forbear warning such persons as have coughs or other disorders in the lungs, to avoid if possible the fate of a young lady in my neighbourhood, the beauty of whose person could only be equalled by the goodness of her heart, and amiable endowments of mind! a case which will not now admit of relief, although it most probably would have done so, had she taken the proper care in time, or had the disease been thought serious, when it was remediable. It worked like a worm in the bud, to the unspeakable distress of one of the best parents, and other lamenting friends.*

It is perhaps worthy of remark, that most of our youth, of both sexes, who shew very extraordinary marks of genius early, are generally of very weak and delicate constitutions. Their natural eagerness to improve, and to excel, is equally pleasing to themselves, their parents, and their friends. In this case, the very numerous, and arduous studies, and other necessary qualifications for the completion of the character of a bright

* And, alas! she and several others are since numbered with the dead, who might now have been conspicuous ornaments to human nature, and a blessing to their friends and acquaintance. And what a heartfelt satisfaction would it have been to the Author of this work, had any of these precautions been seen and observed by any one of these amiable young persons. But all the trouble and anxiety, which he has had in sending this work to the world, is more than re-paid, by having been the means of snatching, as it were, an amiable Lady from the grave, who was in this predicament, to the great comfort of a deserving and tender husband, and the unknown benefit which a mother is to a young family.

bright genius, become too mighty for them to undergo with safety to their health. Nature, at this time of life, has many important offices to perform, which are impeded, by too great exertions of any kind; the solids become weakened, instead of accumulating strength; the smaller vessels are unfit for their several functions, for the want of that principle which nature employs in giving firmness, power, and exertion to the constitution, when it is weak from any cause, and particularly in such persons as out-grow their strength. The whole frame insensibly becomes diseased, and is sometimes in the greatest danger, before the patient, or the friends, suspect that medical assistance is necessary; and happy is it, when that assistance can reach the real cause, or do any permanent good. Therefore, ye parents! who have children of this description, consider that shining abilities will make their own way, and will not be obscured by time, that the fruit will be ripe in due season, that bodily strength is necessary to great exertions of the mind, and that many of the choicest plants, and most beautiful flowers, require the minutest, as well as the most diligent care to bring them to mature strength and beauty, and when arrived to that certain pitch, will bear many a nipping frost, and piercing cold, without injury, which but a little before, would have deprived them of existence. The above cases often end in consumption; therefore great judgment is necessary to distinguish the true cause, and to apply proper remedies. And whoever is thus circumstanced, I cannot but urge them to guard against so distressing a situation in time.

The

The moſt frequent cauſes which occaſion conſumptions, are the ſmall pox, meaſles, and ſeveral other ſpecies of eruptions repelled upon the lungs; cuſtomary evacuations having been ſtopped ſuddenly, ſuch as iſſues, ſweaty feet, the menſes, &c, colds neglected, ill cured inflammation, ſpaſmodic aſthmas, ſcrofulous affections, tubercles, a ſpitting of blood from the lungs, a malformation of the bones of the cheſt, tight ſtays, and other cauſes which impede the free action of reſpiration. Abſorption of matter from an abceſs, women giving ſuck beyond their ſtrength, or when emaciated by other profuſe natural drains, the materials of ſeveral manufacturers being drawn into the lungs in the act of reſpiration, ſuch as barbers, mealmen, glaſs grinders, ſtone-cutters, &c. &c. all tend to the ſame deſtructive end.

If the conſumption ariſe from violent colds, the ſymptoms may be gradually traced from the beginning; but, if from any of the above mentioned cauſes, it requires diſcernment to diſcover what its cauſe may be, that it may have its correſpondent cure, as may be ſeen by the following caſe, though ariſing from another cauſe. A lady, without any previous known cauſe, or apparent neglect, ſeemed becoming conſumptive, very able phyſicians had been frequently conſulted, and every rational means were uſed for her cure, but without effect. One day I aſked her, if ſhe had any objection to an iſſue? ſhe anſwered no, that ſhe had had one all her life, till within a few months, when ſhe was deſired to dry it up, but now ſhe began to recollect, ſhe had

had never been well since. An issue was instantly made, and she very soon after got well, and still continues so; this is four years ago.

Persons who are most subject to become consumptive, are of a delicate make, fair complexion and florid countenance, soft skin, long necks, narrow chests, prominent shoulders, and hips sticking out like wings, with hollow temples, thick upper lips, and teeth of a milky whiteness. Many of the above description have constitutionally weak lungs, and the glands of the neck, lungs and bowels, are often obstructed, but these do not always produce mischief, till colds or some other cause, excites inflammation, which ends in suppuration, hectic fevers, ulcers, and consumption.

Sometimes, where tubercles are the immediate cause, and have been made tender, from too great exercise, breathing bad air in hot crouded rooms, improper food, colds, &c. the beginnings are hardly perceivable, the cough not being very frequent at first, generally dry, or unaccompanied with much expectoration, and that, mostly of a light frothy mucus, mixed with air, and mostly in the morning, and exciting vomiting; the patient feels an uneasiness about the chest, or a sense of pain on lying down, on one or both sides, or under the breast bone; the breathing is also oppressed with the least quickened motion, and particularly so in hot rooms, or in moist weather; his spirits are very irregular, being sometimes very lively or very sad, without any known reason; a red flush will appear upon one, or both cheeks, especially after meals, with a dryness

a dryneſs and heat in the palms of the hands; a particular quickneſs in ſpeaking may be obſerved, as well as an unnatural peeviſhneſs, which gains upon them, though before of the ſweeteſt diſpoſitions; all or moſt of theſe ſymptoms, may be ſeen by a careful obſerver many months before the patient thinks of complaining, or will acknowledge that he is ill, and then the cough perhaps may be found to grow more troubleſome, and all he ails is attributed to it, and to appeaſe which the family apothecary is ſent for, and is deſired to adminiſter ſome ſoft balſamic, but if he talks of bleeding or regimen, which now is abſolutely neceſſary, he is ſuppoſed to have ſome private views of his own to anſwer, or the patient replies that he is not bad enough to ſubmit to that yet; when indeed, this is the very time that medicine can be of real ſervice. By a little care, and attention, the urgency of the cough becomes abated, the ſoreneſs of the cheſt is alſo leſſened, and being tired of medicines, and conſtraint or confinement, the patient thinks the reſt will wear off; thus half cured he immediately flies to the ſame round of diſſipation or expoſure to colds, or other means which firſt brought it on, which does not fail to aggravate the diſeaſe, till it ends in conſumption.

It is remarked by a very ingenious writer,* that it is very common for young ladies at boarding ſchools to contract colds, which the governeſs, from a good intention, neglects to inform the parents of, for fear of alarming them, while perhaps

* Dr. Reid.

perhaps they are loaded with oily medicines, or other palling sweets, till danger comes on, and no means taken to remove the cause of the disorder. If this be true, which I am not inclined to dispute, I would recommend to their notice, the example of a schoolmaster, my next door neighbour, who, when a child's complaints do not immediately give way to proper evacuations, (which however most children's complaints do) sends for an eminent physician. This mode is seldom objected to by the parents, as it is not only the most safe for both master and scholar, but very often the cheapest; at least the parents are not so apt to suspect that medicines prescribed by a physician can be unnecessary.

After having given a description of this disease, I hope my readers will excuse my frequent repetition of advice relative to taking care in time; it is from a conviction that it cannot be too often repeated or enforced; for I would rather that a critic should say I had used such a sentence too often, than that one person should receive any injury for the want of attending to it; and if this be a blemish to the work, I hope it will be observed by every reader.

I shall not say much with respect to medicine here, for the reasons before given; the principal things which I shall advise, will be more to regulate the conduct of patients, by applying to their reason, matters within their comprehension, and such minutiæ as physicians have not always time to direct, but which in my opinion are essentially necessary.

In

In the beginning of Conſumptions, bleeding is a principal remedy, and in almoſt all conſtitutions, abſolutely neceſſary, which muſt be repeated often, in ſmall quantities, according to the urgency of the diſeaſe, and the ſtrength of the patient.

If pain in the ſide, or under the breaſt bone, ſtriking ſtrait to the back bone, or oppreſſion in breathing, or the cough be remarkably troubleſome, or the expectoration ſtreaked with blood, no medicine can be ſo uſeful as bleeding. Three or four ounces of blood may be ſafely taken from very weakly perſons in the above caſes; for theſe ſymptoms indicate inflammation; which will do more miſchief, than the temporary inconvenience, which may ariſe from the weakneſs from bleeding.—Thoſe who are not very weak, may be bled once in three, four, or ten days, if the pains or other preſſing evils remain. By theſe means the root of the diſeaſe is ſtruck at, and its progreſs ſtopped.

At the ſame time that bleeding is neceſſary, the body muſt be kept open, with cooling neutral ſalts, ſuch as ſal polychreſt, cream of tartar, ſoluble tartar, &c. or the following powder taken three or four times a day, in thin barley water, or any other ſimple vehicle, will anſwer that purpoſe, and contribute to abate feveriſh heat, and inflammation.

Take of ſal polychreſt, ſugar, and compound powder, of gum tragacanth, of each a ſcruple, mix for one doſe. This may be increaſed or diminiſhed, in proportion to the effects; or a teacupful of the following pleaſant apozem, may

be taken three, or four times a day, for the above purposes.

Take of cream of tartar, and purified nitre, of each two drachms, pearl barley half an ounce, honey two ounces.—Boil these gradually in three pints of water, till half is consumed, then strain off the clear for use; liquorice root may be added at pleasure; or where the honey does not agree, it may be omitted.

If the body be too much opened by the above recited medicines, the following draught may be used to abate the fever, or inflammation, and should be taken two or three times a day, or oftener if needful.

Take of sugar, prepared chalk, and powder of gum arabic, of each half a drachm, nitre purified, fifteen grains, pure water, or simple mint water, two ounces.

If the nitre should be found to occasion gripes, or prove too cold for the stomach, it may be lessened to four or five grains. The saline* mixture with or without the emetic tartar, may be taken for the like case, as in some constitutions it agrees best; a drachm of prepared chalk may be added to the mixture, and the emetic tartar omitted, where too many motions abound.

The inhaler should be used frequently with the same cautions as directed in the first part; this will lubricate the inflamed lungs, lessen the cough, and cause the mucus to be spit away with more ease and safety.

Blisters are most safe efficacious things in all complaints of the chest; it is not perhaps so much

* See page 36.

much from the quantity of discharge which they draw away, as from a particular effect they have of inviting the inflammation from within outwardly, as is found in cases of sore throats, &c. I therefore advise small ones to be applied from time to time, to different parts of the chest, where the pain is, or upon the back, pit of the stomach, or sides; when one has been on the part affected a day or two let it be healed, and in a day or two after apply another to some other part, if wanted. This is less painful and more efficacious, than what is called a perpetual blister, for with that there are fresh flies applied and more trouble in general.

Issues between the shoulders, or between the ribs, in many desperate cases, I have known of singular advantage. Mr. Mudge, and others, lay a great stress upon them; I have myself a good opinion of their use, and therefore recommend them.

As many very potent medicines might be prescribed, and perhaps applied improperly, I shall forbear mentioning any more, except for violent coughs, lest I should myself be guilty of what I condemn in others; I shall therefore mention a few simple medicines, which will do no injury, and yet contain considerable virtue, in allaying fever in the lungs, and be at the same time lightly nutritious.

For this purpose I recommend decoctions or infusions of liquorice root, figs, and raisins, marsh mallows, dandelion, colts foot, comfrey, eryngo and mullen roots, either of these sliced, and boiled in water until pretty much impregnated with the virtues of the plant: an ounce or two to a

quart

quart of water, and boiled to a pint, will be of ſufficient ſtrength; ſuch as are very glutinous, as comfrey, leſs of the root will be ſufficient; theſe ſweetened with honey, are moſt excellent healing pectorals. After fever has gone off, and the patient weak, or in ſuch a ſtate as bark may be thought adviſeable for, the bitter pectoral herbs, will generally be found more beneficial than bark, as they do not bind the cheſt. For this purpoſe, I recommend infuſions of hoarhound, ground ivy, lungwort, maidenhair, elecampane, wild ſuccory, oak lungs, &c. The juice of lemons, or oranges, or any other vegetable acid, may be put in great plenty, in any of the drinks, if they agree; they cool, and abate fever, ſtrengthen the ſtomach, and check night ſweats, and in general are to be preferred to mineral acids.

Where there is much feveriſh heat, the patient has alternate fits of heat and cold, and is ſometimes worſe one day than another, not unlike to an ague; this often leads the patient to aſk for the bark, and the doctor to conſent to its exhibition, but it is rarely of real advantage; and often produceth miſchief in this diſeaſe, although it is the boaſted ſpecific in the former.

Honey, for almoſt all diſorders of the breaſt and lungs, is a moſt admirable remedy; Doctors Huxham, Arbuthnot, and many other great men, have very juſtly extolled it; and as it does not agree with all conſtitutions, I apprehend that clarifying it would make it do ſo; indeed, ſome care is neceſſary to procure it genuine, as it is a very common baſe practice for dealers in it, to adulterate it, and in this caſe no one knows what

they

they eat. It may be used, in common drinks, in medicine, and on bread instead of butter.

As the cough is a very troublesome symptom, during the progress of consumptive disorders, it may not be amiss to give a few directions, in addition to those I have already, to keep the violence of it from doing more mischief, while the means just recited, or such as I shall have occasion to mention, are removing the cause of the disorder. The pectoral infusions, and decoctions, above advised, will generally answer the end very well, but as there are many cases, which they will not cure, I shall give a prescription for a good expectorant mixture to appease the cough, and procure rest, and if any thing more anodyne is wanted, one or two of the expectorating pills may be applied for that purpose.

Take of mucilage of quince seeds six ounces, oxymel of squills half an ounce, ipecacuanha wine one dram, liquid laudanum ten drops. Mix. If the ipecacuanha or the oxymel of squills occasion sickness, the whole or part may be omitted. Of which mixture a desert spoonful may be taken now and then to help the cough and to sheath the passage to the stomach; it should be swallowed gradually, and will thereby be more efficacious. This may be called the Healing Expectorating Mixture. And the following, Anodyne Expectorating pills:

Take of laudanum, conserve of roses of each five grains, dried squills in powder, ipecacuanha in powder, of each four grains. With any syrup, make these up with care into ten pills,

one or two of which may be taken at night going to bed, when neceſſary. One caution is very neceſſary whenever opiates be given; to take care that they do not make the patient coſtive, which they generally do; the ſquills and ipecacuanha may probably prevent it; but if they do not, uſe ſome of the opening medicines already adviſed.

When the lungs are loaded with tough phlegm, and unattended with pains in the ſide, or under the cheſt, or other ſymptoms of inflammation, from five grains to ten of ipecacuanha, may be given once or twice in a week, in a diſh of tea, in the morning in bed, the patient ſhould lye down after it. In half an hour, more or leſs, it will cauſe a gentle effort to reach, and another diſh or two of tea may be drank, and it will come off eaſy. I do not mean this as a regular puke, but only as a means to looſen the tough phlegm in the lungs, and by the little exertion of puking, to bring it away more expeditiouſly, and indeed more ſafe and pleaſant, than by much coughing.

The moſt difficult taſk, I am now going to impoſe, which is a rigid adherence to a particular regimen, without which the choiceſt medicines loſe their proper effects, and the beſt advice is thrown away. The diſeaſe cannot be cured by medicine without the diet correſponds; and of the two, I would ſay, rather neglect your medicine than your food, for one improper meal may do more miſchief than any phyſic can be able to remove in a week.

In

In almoſt every caſe of conſumption of the lungs, where recovery is much to be expected, (ſome few exceptions to the contrary being allowed) fleſh meats, and every preparation of them, muſt be forbidden. Fiſh, as partaking in ſome degree of the ſame nature, is alſo improper. Calves feet jellies, nouriſhing ſoups, and ſuch things as are conſidered by good houſewives, and people in general, as neceſſary to recruit the ſtrength of the ſick, are much too rich and ſtimulating, and too heavy to digeſt properly. In their place, a diet conſiſting of fruits, vegetables, milk, and farinaceous ſubſtances, muſt be ſubſtituted. Theſe will be quite ſufficient to ſupport the powers of life, while the nature of the food will furniſh a mild ſoft nutriment to the body, free from irritating qualities, to aggravate the diſeaſe: the ſimplicity of which in time changes the whole maſs of blood and juices, from a hot inflammatory ſtate, to that of a pure healing kind, which renders the ſolids leſs ſuſceptible of feveriſh heat.

For when the lungs, or the membranes leading to, or ſurrounding them, are become inflamed from colds, or any other cauſe, the blood which is prepared from eating any of the abovementioned things, is of a very ſtimulating nature, and produces that kind of effect, as urine does when applied to the eyes, or ſalt water to a wound. Irritation cauſes ſpaſm, and by its effects, the blood is hurried through the lungs faſter than it ought to be, and is not properly ſtrained, and purified, and mixed with air, (which is the natural office of the lungs to perform) this makes the

the pulse beat almost as quick again as it does in health, and creates a disturbance to the whole frame; the fever is thus kept up, and the constitution worn out, by the constant action, and re-action of the vessels, in attempting to remove it.

There is so much observance necessary in this matter, that even very mild food may produce bad chyle, and therefore an irritating property to the blood, animal fibres, nerves, or whatever else conveys the active principle of life or disease. I will not dispute with casuists, which of them does it; be it sufficient, that in my opinion a very hearty meal taken of rice, or any other food equally innocent, may, by distending the stomach, lessen the free action of the heart and lungs, and by overloading the powers of digestion, and by filling the intestines with more chyle than can be properly prepared, may produce all the mischief we want to avoid.

Therefore, for the above reasons, I recommend, that consumptive persons should take only a little food at a time, but repeat it the oftener; they should not be so careful to attend to regular meals, but study more what will remove the cause of the disease, than please the palate. An ingenious person may make, or prepare, an almost endless variety of dishes, from the vast tribe of fruits, vegetables, &c. to satisfy the desires of a reasonable being, without meat. Potatoes may be boilded, baked, roasted, and prepared in a variety of ways—Rice, sago, millet, salep, tapioka, pearl barley, &c. will make a numerous tribe of pleasing repasts. Salads, and ripe fruit; marmalades,

lades, and preſerves; jellies, and preparations of them; with good light well baked bread, will furniſh moſt delicious banquets in their turn. But of all the moſt generally uſeful and acceptable foods, milk claims the preference, and will admit of abundance of means to make it palatable and uſeful. Runnet whey, in conſumptive caſes, as well as in many others, is beyond all praiſe, in my opinion; the living entirely upon runnet whey and a little white bread, and baked apples,* for about ſix weeks, reſtored to health the author of this, from a ſtate the moſt dangerous; and he truly may ſay he was ſtarved into life. A quart or three pints or more, ſhould be drank daily.

Permit me here to remark, that much miſchief is done by a common cuſtom, of weakly perſons going to drink the milk from the cow, (as it is termed) it is in general too rich for the ſtomach, and is apt to form into an hard indigeſtible curd, and eſpecially when rum is mixed with it. A very common, but a very pernicious cuſtom. Doctor Fothergill took great pains to aboliſh this very dangerous practice—In general milk is beſt for conſumptive perſons, and other valetudinarians, after it has been ſkimmed, or the groſſer parts ſeparated by cream of tartar, oranges, lemons, ſorrel, raiſins or ſome other grateful acid. Butter-milk, aſſe's, goat's, or mare's milk, may be taken in their natural ſtate, being much lighter

* Dr. Baynard ſays, that apples and milk ſaved his life twice in a moſt deplorable and confirmed phthiſis. He gives many examples of the like kind. See Floyer, on cold bathing.

lighter than that of cows. When milk occaſions gripes, or is apt to run off by purging, it may be corrected by mixing one half, or a third of ſimple lime water with it, or with the ſame quantity of the following drink.

Take of calcined hartſhorn prepared, gum arabic, conſerve of roſes, pearl barley, of each one ounce. Boil theſe in a quart of water till it is reduced to a pint and a half. This is a light, aſtringent, nutritious drink, and will ſheath the bowels, and abſorb any acid which may ariſe from the milk, or other cauſes. Some phyſicians have held opinions, that milk would be more ſalutary, were the cattle to be fed on particular herbs; but in mine, this purpoſe will be better anſwered, by making a ſtrong infuſion of the herbs you want, and mixing milk with it, as you will then certainly know the exact proportion of the herbs which you receive; otherwiſe not.

Turnips baked in equal parts of milk and water, and the juice afterwards ſtrained, and ſweetened with ſugar candy, and drunk often, is very uſeful for coughs as well as nouriſhment.

The following is a moſt excellent food, which may be made and taken at pleaſure; it may receive a variety of flavours from roſe water, orgeat, orange flower water, &c.

Take of rice, pearl barley, ſago, and of candied eryngo root, of each one ounce, boil theſe in three quarts of water, till half is conſumed, and towards the end put in a quart of milk, then let the whole boil a little and ſtrain it for uſe; or thoſe who chooſe, may eat it as it is; thoſe who are very weakly had better ſtrain it; it will

will be as light as asse's milk, and more nourishing, and not so liable to cause a purging. A quarter of a pint should be taken three or four times a day a little warm.

Lettuces, savoys, coliflowers, artichokes, peas, beans, turnips, scorzenera, salsafy, asparagus, &c. &c. may be freely indulged in, and cooked in a variety of ways. It is very observable, that the history of medicine furnish us with a number of cases of persons having recovered, after both physicians and friends had given them up to die. These persons have been restored by living entirely upon cucumbers, grapes, melons, watercresses, milk and bread, or some one of them.* There may be a few cases of consumption, or of consumption of a particular kind, where more generous nourishment must be allowed, but these are rare. But so long as appetite is more consulted than health, and so long as medical men continue to indulge it, rather than displease their patients, consumptions will commonly

* I am surprised to find Dr. Simmons recommend animal food in consumptive cases. Dr. Reid, a defender of vegetable diet, gives too great latitude in allowing some animal foods, and several species of fish in hectic fever arising from consumption. I have been teased into an admission of animal food, but always saw by the event the impropriety of it, the heat and restlessness were encreased, and the feverish paroxism lasted longer than when other food was taken. It is often allowed, I very well know, under the idea, that a consumption is but seldom cured, and that it is right to indulge the patients the little time they have to live. Such reasoning, our limited knowledge of the causes and events of diseases, and the uncertain state of the internal organs of the patient, absolutely forbids.

monly prove fatal. An indulgent phyſician, in theſe caſes, is like a mild judge to a deſperate criminal, who injures ſociety by miſtaken lenity.

The drinks ſhould be runnet whey, the common emulſion, Briſtol water, Seltzer water, or any light, pure cooling drinks, they may be acidulated with oranges, lemons, apples, currants, tamarinds, or other fruits: or ſweetened with honey, capillare, orgeat, &c. But wines, beer, ales, and all ſpirituous or fermented liquors, ſhould be conſidered as improper; they promote fever, and inflammation, excite coughing and increaſe the diſeaſe. Coffee, or tea, cocoa, &c. may be drunk, provided they be not taken too hot, or in too large a quantity at a time, and with one third of ſkimmed milk mixed with them.—Butter, cheeſe, and cream are too rich, irritating and groſs to be allowed with propriety.

"I have frequently, (ſays Sir William Fordyce*) ſeen the neceſſity of quitting London air, to temper heat, and compoſe the hurry of the circulation where the hectic fever had been continued for five or ſix weeks in deſpite of the beſt medicated regimen; and oftener than once, I have known the patient return to town in twenty four hours as free from both as if neither had formerly exiſted. I have likewiſe ſeen the moſt ſtubborn infidels on this ſubject reduced to the neceſſity of ſubmitting to a diet of whey, milk porridge, water gruel, fruits or farinaceous foods, when, in compenſation for a penance which they thought ſo dreadful, they

* See Sir William Fordyce, on the hectic fever.

they received back their spirits, their lungs, and their constitutions; and I have known many, who had been given over by their anxious friends on account of hectic complaints, recovered, by so severe a regimen, as only tended to complete the triumph of their physicians."

Next to proper food, drinks, and medicines, pure air is of the greatest importance to the recovery of consumptive persons; and we are well assured that it is not sufficiently attended to by the faculty, or we should not see so many persons in the last stage of the disorder, before they are sent out of London, and other large towns.

It is not unfrequent for persons of a slender delicate make, with thin skins, and of delicate system of blood vessels, to be subject to lose blood from the lungs, or what is called spitting of blood. This at all times is an alarming circumstance, because it may prove instantly fatal, or end in consumption.

In women it is not so universally dangerous, as in men, for many reasons which nature takes in providing against particular exigences in their constitutions. It is of moment to know, whether the blood comes from the lungs, the stomach, or the passages to them. I have seen some of the faculty puzzled to distinguish which, therefore, it is always right immediately to call in the best assistance. What I shall say on this head is chiefly by way of prevention, after the first alarm is over. Had I not seen many persons fall very quickly into consumptions, for the want of having used such precautions, I should have thought this part totally unnecessary. It is the duty of the

medical attendants seriously to impress this on the minds of their patients; but it is too often neglected; if directions are given, it is too often in a desultory way, and when the doctor is gone the patient thinks no more of them.

I have been told by some of the faculty, that it was for fear of alarming their patients, and making them low, that they had not enforced the regimen, &c. more strongly; but they should have considered that fear is one of our best instruments to produce observance, for all are not to be governed by reason. It is too true that eight persons out of ten who spit blood, die consumptive, in the course of two or three years; and I believe many of them for the want of being attentive to such necessary rules.

The medical means to be taken in spittings of blood, are frequent small bleedings, so as to prevent a fulness in the vessels, as well as to act by revulsion as it is called, that the ruptured parts may never be too much pressed with blood, and that they may completely heal, and become strong, that others may not happen.

The cooling neutral salts, as sal polychrest, nitre, and elixir of vitriol, tincture of roses, &c. are to be liberally taken, so as to keep the body open, to empty the vessels, and to allay all preternatural heat in the constitution. The following electuary Dr. Huck Saunders recommended to me as the best general medicine he had found for this purpose.

Take of conserve of roses three ounces, spermaceti powdered fine, nitre purified, and finely powdered, of each six drachms, syrup of marsh mallows,

mallows, a sufficient quantity to form an electuary, of which the patient should take the quantity of a large nutmeg, three, or four times a day, and to drink freely of barley water afterwards. If the nitre should be found too cold for any delicate bowels, the quantity may be lessened. If there be a cough, and it should prove very troublesome at night, from two tea spoonfuls, to one table spoonful of the syrup of white poppies, may be taken at bedtime to quiet it. But let me again take notice that the greatest caution is highly necessary, in exhibiting any medicine, capable of much good, or much harm.

What is most in the patient's own power and discretion, is the regulation of his diet, exercise, and passions of the mind, and as the intention of these cautions are to prevent mischief after the bleeding is stopped, as well as while it is on, he will shew his wisdom most, who most observes them; for it is necessary to do it for a considerable time after, and to return warily, and gradually, to his usual habits of living.

It often happens that the patient thinks himself too soon well, a week or two after the bleeding is stopped: his spirits feel good, his strength and appetite do not fail him, and he thinks it a work of supererogation, to restrain himself from doing whatever offers itself in his business or pleasure; yet in general if he is examined closely at this time, he will be found to have an internal sense of tightness across the chest, a sort of obstruction and tenderness in the lungs in fetching a deep inspiration, and rather short breathed on going up hill; but these are so slight

as

as not to draw his attention except he is aſked about them, and even if he had diſcovered them, they are all attributed to weakneſs: and a little good living is thought will bring all about again ſoon. Thus he will go on till the bleeding is brought on again, or till the ruptured veſſels become inflamed, or an ulcer ſucceeds, and death finiſhes the dreadful ſcene. A gentleman applied to me very lately after having ſpit blood for which ſome good woman had recommended him to take Friar's Balſam to heal the veſſels; which had nearly done more miſchief in a few days, than my art could repair in as many weeks. Let me again adviſe good women from thus innocently, as it is thought, deſtroying their neighbours.

The diet ſhould be very ſparingly uſed, that is, a little at a time, and of a mild cooling nature. It ſhould conſiſt of milk, butter-milk, fruit, vegetables, and farinaceous ſubſtances. Skimmed milk, water, lemonade and many other ſimple grateful liquids might be converted into ice, and have wonderful effects in allaying heat in the lungs, and be a powerful means to ſtop bleeding from them, and the ſtomach.

The drinks ſhould be runnet whey, toaſt and water, or pure water made grateful with any ſort of fruit or preparations from them. Wine, ſpirits, or beer, or any other fermented liquors, are ſo many poiſons, from their natural qualities and effects, in heating and ſtimulating the ſyſtem of blood veſſels.

The exerciſe ſhould be very gentle and not long continued ſo as to produce heat or fatigue.

Any

Any violent paſſions of the mind ſhould be more than ordinarily watched; guſts of paſſion ſhould be particularly reſtrained. Venery is alſo highly pernicious.

A man who is thus unhappily circumſtanced, muſt call forth his own reaſon; for he may hurt himſelf a thouſand different ways which cannot be here enumerated.

The patient ſhould lie moderately cool in bed, and ſhould carefully avoid extremes of heat and cold, particularly the playhouſes, heated rooms, or where much company reſorts. Dancing, ſpeaking loud, ſinging, or blowing wind inſtruments, are alſo bad.

The air which they breathe ſhould be pure and ſoft, and not open to the eaſt, or north eaſt, nor in a bottom, but of a ſufficient ventilation. The air of large towns is particularly irritating in this ſtate of the complaint, as well as in all others of a conſumptive tendency.

An almoſt univerſal evil prevails, of the faculty keeping patients with diſeaſed lungs, too long in large populous towns in bad air; and when they can do no more for them, ſend them into the country to try at laſt what ought to have been done at the firſt. The air of large towns is very bad for conſumptive complaints, and the places where patients are ſent to, near London, I fear have not all the advantages which might be wiſhed. Iſlington, is too populous and too near London to be eligible. Brompton has the like diſadvantages, only it is more ſouth. The villages in the vicinity of the river, and thoſe in the midſt of, or near to large nurſeries, abound with bad

air arising from putrid vegetables, or stagnant waters. It is unpleasant to think that the convenience of being near to the best London medical advice, should thus oblige the sick to wan so necessary a means of recovery, as pure air, which is of more real importance than all their other medicines; and the situation must be suited to the nature of the disease and the time of year, as it would be absurd to send a very weakly person in the middle of winter to the summit of Hampstead, or Highgate-hills. There are situations to the south and southwest of these places, which are sheltered from the colder winds, and enjoy the advantages of pure air and sufficient ventilation. But I have known persons recover in winter at Hampstead, who have tried other places in vain. The faculty have in general a mistaken idea of the air of this neighbourhood, saying it is too sharp. Indeed so it is on the summit in winter; but where there is a hill, there is a dale, and the hill must naturally defend the dale from cold.

The following compliment was paid to Hampstead very deservedly by Dr. John Armstrong, who knew it well, in his elegant poem on the *art of preserving health.*

> But if the busy town
> Attract thee still to toil for power or gold,
> Sweetly thou mayst thy vacant hours possess
> In Hampstead, courted by the western wind.

Much might be said on the variety of situations which would be injurious or salutary to consumptive persons, but would take more time than

than I can here admit; such a work, executed with ability and candour, in my opinion, would be a valuable acquisition to the public.*

The next thing which I have to recommend, is a proper regulation of exercise. There is nothing more injurious to consumptive persons than riding on horse back at improper times, or in an improper degree; for although it stands recommended by the highest authorities, both ancient and modern, yet it has not been sufficiently limited to prove of benefit, without very frequently being injurious. If there be fever, spitting of blood, violent coughs, attended with pains in the chest or side, or a very quick pulse, much exercise of any kind is improper. But where

* Patients seem to depend more upon medicines, than they do upon a well regulated diet, and breathing a pure soft air; which in this disease are the most essential things.

Our climate being very variable, physicians recommend voyages to Italy and other places, but it is seldom pursued till it is too late. Those who can afford the expense of it, should go early if they expect any permanent benefit.

The dephlogisticated or vital air, as recommended by my very worthy, and learned friend, Dr. A. Fothergill of Bath, deserves here peculiar attention. "As this air, (says he.) is found to be greatly superior to the best common air, and may be procured by a simple apparatus, at a moderate expense, either for the purpose of breathing, or impregnating the patient's chamber; invalids might be supplied with it at their own houses without relinquishing the endearments of social connexions, and without being obliged to seek it solitary and unknown in a distant climate."*

* For further particulars on this interesting subject, see his Hints on Animation, and for correcting contaminated air in two letters to Dr. Hawes, pages 17, 34, and 76.

where theſe do not prevail, gentle riding, increaſed by degrees, as the conſtitution can bear, by giving a general and equal exerciſe to the whole frame, proves ſalutary and agreeable, if taken properly. For the times of riding, require attention to direct judiciouſly; the ſeaſon of the year, temperature of the climate, and the ſituation, muſt be all well conſidered.

The common cuſtom in the country, of ordering conſumptive perſons to follow the plough, is like other means capable of benefit, and injury, according as it is uſed. Some phyſicians have held opinions, that a peculiar virtue aroſe out of the freſh turned ground, very ſalutary for diſeaſed lungs, but appear to have been ignorant that it was merely fixed air. This of late has been recommended to be inhaled by ſome eminent practitioners, yet it muſt be acknowledged that dephlogiſtigated air is evidently much better adapted, and more likely to prove beneficial, particularly in diſeaſes of the lungs; but for a weakly perſon with a fever upon him, to walk over the land as faſt as it is ploughed, (and in general this is ſuppoſed to be neceſſary,) is more apt to increaſe the fever and injure the patient than to aſſiſt him; for the ſame reaſons, that riding at improper times, and in an improper manner proves miſchievous.

The benefit of the cooling particles which may chance to be drawn from the earth by the power of the ſun, or abſorbed by the body of the patient, will be better obtained by walking, or riding gently through the furrows ſome little time

time after, than by being heated and fatigued, directly walking by the horses.

To ride very early in the morning before the sun has warmed the air, and dispersed the dew, or fog, is very injurious, and likely to increase the cough; or if the patient be recovering, may bring on a return of the complaint. It is equally improper to ride in the middle of a hot day, or to be exposed to the intense heat of the sun; or to be out late in the evening, when the dews are falling, for the lungs are susceptible of the least impropriety in these respects, and those who know the hazard, will do well not to venture. The riding in a coach or chariot, sailing in a boat or any other easy exercise in the open air is preferable to walking, or any other that occasions much fatigue.

Coasting voyages, as well for the exercise, as for the benefit of dephlogisticated air during the summer months, may be had recourse to, with great advantage.

The minds of consumptive persons should be kept as tranquil as possible, as great anxiety after business, pleasure, or study, or any other thing, which has a tendency to ruffle the nerves or disorder the frame is bad; but such light things as will amuse the mind, and pass the time away cheerfully, will contribute to the cure. I must again say, that anger or any violent passion proves extremely injurious to consumptive persons. Dancing, shouting, reading, or talking loud, singing, or blowing wind instruments, or any means which call for much exertion of the lungs, is improper. The patient should keep

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the body in as easy an upright posture as possible, therefore should be careful to avoid leaning on the chest: and to let the blood have a free, equal circulation by refraining from tight garters, tight stays, &c. It frequently happens that friends and relations out of humanity and affection, attend upon consumptive and other sick persons; and either sleep with them in the same bed, or are constantly about their persons, and imbibe the effluvia, which necessarily escapes from their lungs, and their bodies, and especially if they sweat much; this contaminates the surrounding air, and when there is not a sufficient ventilation, must be drawn into the lungs, both by the patient and the attendants. Let me therefore entreat such to attend to the proper ventilation of the room, and for the attendant to go several times a day into the free air. Those who have tender lungs, or are of a delicate make, should be very cautious not to sleep with the sick, and if possible not in the same room; for it is the bad quality of the air which irritates their tender lungs, and so gives rise to a cough, &c. and not *Specific Contagion*, which is thought by foreigners, and asserted by some of our own countrymen. The frequent changing the linen and blankets about a sick person, has many advantages, and for a patient to remove from one room to another, (where it be convenient,) greatly contribute to a cure. It is bad for a patient to lie in bed long in a morning, especially when they have profuse sweats, for it relaxes the body, and weakens them much, and the skin absorbs the fetid sweats, which nature had just cast out of

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the constitution as unwholesome, which adds to the disease.

The patient should sleep on a matrass, and not have too many clothes on the bed, and as the sweats come on to lessen them. I have known the sick better from getting up when the sweats began to come on. The early going to bed, and early rising is highly necessary.

It would be much happier if patients could be brought to consider how much a speedy and permanent recovery depends upon the observance of such apparently trifling circumstances, and how little a matter deranges the frame of a valetudinarian! which, by being neglected time after time, it becomes very difficult to establish a fund of good health again; nor can I better conclude than by the following lines from that excellent poem just quoted.

——————While the vital fire
Burns feebly, heap not the green fuel on;
But prudently foment the wand'ring spark
With what the soonest feels its kindred touch:
Be frugal even of that, a little give
At first; that kindled, add a little more;
'Till, by deliberate nourishing, the flame
Revived, with all its wonted vigour glows.

OBSERVATIONS

OBSERVATIONS

ON THE

HOOPING COUGH.

THE Hooping Cough, is a diſeaſe which very few eſcape. It is contagious, and communicated by the breath. There is ſomething in the air, or in the bodies of perſons, which diſpoſes them more at one time than at another to receive the infection. This year it has been very rife around my neighbourhood; and every where elſe, as far as my inquiries have extended; even as far as Scotland.

In ſome patients it was mild; in others, ſo ſevere, as to threaten conſumption. I have ſeen ſome miſchief ariſe from the want of timely care, and have given here the reſult of my obſervations and ſucceſs, which I hope will prove of ſome utility; the means are not new to medical men, but may be ſo to thoſe, for whom I write.

Women, and nurſes frequently attempt to cure this diſeaſe, and ſometimes in the milder

ſtages of it, with ſucceſs; but as practitioners do not always diſcriminate between the original diſeaſe, and the effects ariſing from the violence of it, no wonder that the women ſhould fail; and by miſtake do miſchief.

The complaint is certainly ſpaſmodic when in a ſimple ſtate; but it is often complicated with a fever and inflammation of the cheſt and lungs, which require a different mode of treatment. Hence, bleeding, emetics, the bark, hemlock, cupmoſs, woodlice, and many other medicines applied with judgment, ſucceed in ſome caſes, and do injury when ignorantly, and promiſcuouſly given in others.

Puking, with ſmall doſes of emetic tartar, from time to time, is recommended by the late Dr. Fothergill, and others: and this is a very general practice; but a practice may be too general, and now and then do harm. The extract of hemlock has been highly ſpoken of by Dr. Butter; but my experience leads me to have no dependence upon it, though it may be good in ſome caſes. Bark and caſtor for the ſame reaſons, cannot be called ſpecifics in this diſeaſe.

As I have had ſome hundreds of children and grown perſons under my care, this ſummer (rich and poor) in the Hooping Cough, and have not loſt one by it; I ſhall give my general mode of treatment, as far as particular caſes will admit it to be ſo called.

The time which the complaint takes, coming on, and going off, is various; ſometimes ſix weeks and leſs, and ſometimes a much longer period;

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as the ſick are liable to relapſe from colds and other cauſes.

I begin, by giving a couple of purges, with ſal polychreſt, and rhubarb, and if worms be ſuſpected, I add a grain of calomel to each doſe. For a child of two years old, the following will generally be a proper doſe.

Take of ſal polychreſt, fifteen grains; rhubarb in powder, ſeven grains; calomel prepared one grain. Mix.

Younger children may take magneſia, manna, &c. with half a grain of calomel, if it be neceſſary. In all complaints in children, cleanſing the bowels greatly forwards the cure.

After two or three purges have been given, I puke them twice or thrice in a week, or oftener if need be, eſpecially if children; grown perſons do not bear puking ſo often, nor ſo well as children.

The following is a pleaſant, and efficacious mixture to puke children with.

Take of emetic tartar, four grains; pure water, four ounces; ſugar, two drams. Mix. From one to two, or three tea ſpoonfuls, may be given to a child of a year old, early in the morning, or about noon, and repeat it every quarter of an hour, till it puke freely. It would do good to give them ſome tea, or water, to drink before the medicine is given, as they will not drink, when they are ſick; and they will puke eaſier for it. By this means the glands of the throat, ſtomach, and parts adjacent, will be emptied and cleanſed.

When the fits of coughing are very violent, and diſturb their reſt, from half a drop of Laudanum,

anum, to three or four ; or a tea ſpoonful of ſyrup of white poppies, may be given to appeaſe it, either in water, or in other drinks, or in ſome of the following mixture.

Take of Syrup of red poppies, oil of ſweet almonds, of each ſix drams, antimonial wine, one dram, of oil of amber, ten drops. Mix. A tea-ſpoonful of this, and one drop of laudanum, may be given to a child of a year old, at bed time ; to older children rather more, ſo as to produce the deſired effect. A tea ſpoonful without the opiate may be given three or four times in a day. This is a ſimple balſamic medicine, and a good antiſpaſmodic, and alleviates the little fever which comes on towards evening. It will be right to begin always, with a ſmall quantity of the opiate, leſt it ſhould not agree with ſome conſtitutions.

If the fever be conſtant, and the patient hot, and thirſty, encouraging him to drink freely of ſaline mixture,* without the emetic tartar ; or four drops of antimonial wine, and ten of ſweet ſpirit of nitre taken in any liquid, three or four times a day, have good effects in reducing the fever.

When the breathing is very difficult, and the violence of the cough occaſion a blackneſs in the face, and neck, with ſymptoms of ſuffocation, it is neceſſary to take away a little blood, either from the arm, or the application of leeches to the temples. I have known an ounce or two of blood from the noſe, give a critical turn to the diſeaſe.

* See page 36.

diſeaſe. The blood being detained in the lungs and the great veſſels leading to the head, when the breathing is long ſuſpended by coughing, makes it neceſſary to bleed, in proportion to the age and ſtrength of the patient, and to repeat it, if the difficulty be not removed.

A bliſter in the above ſituation, applied to the pit of the ſtomach, or if that be objected to, between the ſhoulders, from time to time, will do ſervice. A plaiſter of equal parts of mithridate, and oil of mace, will alſo contribute to appeaſe the violence of it, if applied to the pit of the ſtomach, when there is no bliſter there.

All the above means, and many others are neceſſary ſometimes, to leſſen the force of the diſorder, and prevent its proving immediately fatal.

Others I ſhall now ſpeak of, to ſtrengthen the conſtitution, and make it bear up againſt, and reſiſt the deſtructive effects, which the fever, and other violence of the diſeaſe may produce, that a conſumption, or ſome other evil may not be the conſequence.

As I think I have ſeen good effects from effluvias; I have often contrived that the ſick ſhould be ſurrounded with the odours of aſſafetida, garlic, oil, of amber, or camphor, either by cauſing ſome one of them to be worn in a bag, or by diſſolving them in ſome kind of ſpirit, as rum, &c. and rubbed down the back, and about the cheſt twice a day. But I give the preference to two drams of camphor diſſolved in an ounce of oil of ſweet almonds, for the above purpoſe.

This method I continue for about a fortnight or three weeks, more or leſs, as the caſes require;

and if the cough continue, and there be no material fever, I endeavour to give the bark in as large doſes as I can. Children will ſometimes take it in milk, or treacle; half a dram, three times a day, for a child of two years old, will ſoon cure the diſeaſe in this ſtage of it; from five to ten grains of ſaffron, or caſtor joined with it, will help the effects of the bark.

Where it cannot be given by the mouth, a ſtrong decoction of the bark, with half a drachm of aſſafetida, diſſolved in it, and given by way of clyſter, will often ſucceed. I have known a cure, by quilting three or four ounces of the powder of bark, between two pieces of old linen, and worn round the body night and day, for a time. In ſome caſes, bark boiled in milk, and uſed as a bath, where we have been anxious for its peculiar virtues has proved beneficial. For children at the breaſt the nurſes may take the bark, and ſome virtue will be conveyed that way. Adult perſons are ſoon relieved by large doſes of bark, when the inflammatory ſymptoms are gone.—Caſtor and opiates, may be occaſionally conjoined.

Cupmoſs, is a common remedy in the hands of old women, and does ſervice very often; its virtues are pretty ſimilar to the bark, only weaker.

Woodlice infuſed in wine, I have known of ſervice, but the juice of them, when bruiſed and ſtrained is much better without wine: wine in any large quantities being not good for children.

Muſk is a pleaſanter remedy than any I have yet mentioned, and perhaps not at all inferior to any

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as an antiſpaſmodic. Where there is much convulſion with the cough, from ten grains to a ſcruple, or half a dram ground with ſugar, ſhould be given three or four times a day, if you expect real benefit from it. Given in large doſes it is a powerful drug; but its dearneſs makes it not be uſed ſo often, or in ſuch large doſes as it ought, and only thoſe of good fortunes can afford to pay for it.

I hardly know how to ſeparate what may be neceſſary to all, from that which might be only uſeful to ſome particular perſons. Some fond mother may receive a hint from ſome of theſe medicines, and ſuggeſt the exhibition of them to her medical attendant; or it may teach her how to go hand in hand with him, and not to let a favourite nurſe miſlead her, to do improper things.

But I truſt no perſon can do miſchief by literally following what I adviſe, provided they have a previous knowledge of the ſtate of the diſeaſe, *and without which, whatever the givers of any Medicine may think*, they may depend upon it, that it is highly ſinful, as well as dangerous. The intention in theſe caſes juſtifies the deed but very ſeldom!

The diet for ſuch as have the diſeaſe unattended by inflammation, ſhould conſiſt of milk porridge, weak broth, fruits, rice, &c. and in ſome caſes animal food, fiſh, &c. may be allowed; but where the fever, or cough, is very violent, and continues any length of time, animal food ſhould not be permitted; but the diet in every reſpect ſhould be as ſtrictly managed, as is directed

directed in consumptions; for there is great danger of producing one.

All the bad cases which I have seen, have had the same symptoms as those have, who are consumptive from other causes, only that they whoop in their coughing; and this whoop often remains from weakness of particular organs, or from the power of habit on those parts, after the infection is gone; and they have all been cured by the same means as I have directed for consumptions.

Pure air is of the greatest importance in the cure of the Hooping Cough. It is necessary in all its stages; but absolutely so, where it is very bad, and has laid great hold on the constitution. I have sometimes thought that changing the air from place to place has proved of advantage; but in general, where the diet and other things are conducted right, they have done very well in my neighbourhood. The soil is chiefly gravel, and sand mixed with a good loam, and free from stagnant waters, and corrupting vegetables, and near enough to town to have all its conveniencies, yet out of the influence of the smoke arising from it.

The air of large towns, and populous places, always aggravates the Hooping Cough, and however proper it may be for the sick, to stay in them, till the very dangerous part is over; it is really necessary for the patient to go, somewhere into the country afterwards, to remove the effects of the disease, and prevent a relapse, or a consumption, which too often succeeds this tedious and frequently fatal complaint.

OBSERVATIONS

OBSERVATIONS

ON THE

ASTHMA.

ASTHMA like the gout is rarely cured. It may be ranked as one of thoſe diſeaſes which bring an opprobrium on the *art of medicine*. But while mankind are lamenting the inefficacy of *phyſic*, they forget how much the cauſe, as well as the cure of diſeaſe depends upon *themſelves*.

When we look round on thoſe who are troubled with Aſthma, we find that many of them have been either great eaters or drinkers, or both; and though there may be many exceptions, it is not leſs true, that groſſneſs of living is too often found to produce it. Numbers have it hereditarily; many from effluvia ariſing from materials made uſe of in trades, and manufactures, and from various other cauſes.

Neglect of colds is a frequent cauſe of Aſthma. But from whatever cauſe it may originate,

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it is rarely attended to, till neceſſity obliges the ſick to apply for relief; and often, from the lateneſs of the application, in vain. For, from a neglected cold, only, for a little while, the lungs may receive ſuch an impreſſion as can never be removed: and an Aſthma, or conſumption may be the conſequence.

There are ſeveral ſpecies of Aſthma, ſome are dry and ſpaſmodic, attended with great difficulty in breathing; and the ſick has the ſenſation of being ſuffocated; this kind is not always accompanied with a cough, but often with a train of nervous ſymptoms. Others are of the humid kind, as they are called, being attended with a conſtant expectoration of phlegm, together with difficulty of breathing, cough, and ſenſe of ſuffocation.

In all caſes of Aſthma, the blood is impeded in its circulation through the lungs, either by ſpaſm, phlegm, or other offending matter acting upon the ſenſible parts.

Where there is a ſenſe of ſuffocation, much difficulty in breathing, great heat in the cheſt, a full pulſe, and flushings in the face; bleeding muſt be the firſt remedy. The quantity taken away muſt depend upon the violence of the ſymptoms. It is ſaid by ſome writers, that we muſt not bleed in the ſpaſmodic Aſthma; but if the above ſymptoms come on, bleeding is a ſuperior remedy to any I know. In the above diſtreſſing ſtate, if ſomething be not done ſoon to move the ſprings of life; this diſeaſe will ſoon prove fatal. Bleeding is therefore proper, except ſome evident weakneſs forbid it. But to repeat it, will require much conſideration.

After

After bleeding, unload the lungs of the phlegm, or whatever elſe may obſtruct them: this ſhould be done by emetics, which by ſtimulating the ſtomach, agitate the ſurrounding parts, and empty them of the offending matter.

A bliſter ſhould be put on the pit of the ſtomach, or between the ſhoulders, to rouſe the ſmaller veſſels, and to draw off, or prevent inflammation. Oxymel of ſquills, milk of ammoniacum, and volatile alkaline ſalts, &c. contribute to take off ſpaſm, and encourage expectoration.

In many caſes opiates are proper, but like the above medicines muſt be adminiſtered by judges. Great attention ſhould be paid that the body be kept open; and if not ſo, a clyſter of a pint of water gruel, two ounces of honey or ſugar, and a ſpoonful of common ſalt and ſweet oil may be uſed. Thoſe who are accuſtomed to be coſtive, ſhould have occaſional recourſe, to ſome of the opening remedies, recommended, where I treat of the cure of colds. There is great conſent between the bowels and the lungs; if the bowels be loaded, the lungs always ſuffer.

Perſons ſubject to have fits of Aſthma, ſhould never be without ſomething by the bedſide, to appeaſe the violence of it, as it frequently happens in the night. Sometimes penny royal water or rue water diſtilled, or made into tea, and ſtrongly impregnated with the virtue of the plants do ſervice. A tea ſpoonful of ſal volatile, or hartſhorn in water, will relieve ſometimes. A cup of muſtard whey may alſo ſucceed.

From the experience which I have had of the following medicine, I would adviſe no Aſthmatic

tic perſon to be without it by the ſide of their bed. It will relieve the urgency of the ſymptoms, till other advice can be had.

Take of gum ammoniacum, gum ſagapenum and aſſafetida of each a dram, diſſolve them in ſeven ounces of water, or penny royal water, by beating them in a marble mortar; then add of oxymel of ſquills, one ounce, antimonial wine, two drams, elixir paregoricum, three drams. Mix. From two to four table ſpoonfuls of this mixture, may be taken every two, four, or ſix hours, according as the complaint is more or leſs ſevere.

To enumerate all the varieties of Aſthma, with the particular treatment neceſſary for each, would carry me beyond my preſent deſign. The following medicine will relieve in many caſes, but may not ſuit in all. For in violent fits of Aſthma, medical aid is neceſſary, and the proficients in the art, are now and then, obliged to change the method of cure in the courſe of a few hours. Therefore, perſons not of the faculty, ſhould not attempt to adminiſter medicine, except on emergency, where other advice is not to be had. Neither will any perſon receive much good perhaps, by taking medicines of his own preſcribing.

Many perſons who have habitual Aſthma, and are accuſtomed to expectorate a great deal of phlegm, feel no great inconvenience, except it become checked by the effects of cold and moiſture, the fumes of metals, &c.

A cold eaſterly wind, damp air, wet feet, &c. will in the courſe of a few hours cauſe ſuch a

ſtoppage

ſtoppage of the uſual expectoration, or ſuch a degree of ſpaſm as to reduce the patient even in that time to a ſtate of danger, in this caſe put the feet into warm water, with the precautions before directed, let the patient have a ſimple clyſter, give warm drinks, ſuch as wine whey, (or vinegar whey, except where the gout is in the habit) or water gruel ſweetened with honey. Put the patient into a warm bed and try to produce a perſpiration.

Bleeding perhaps may be neceſſary, as well as other means; but judges muſt adopt them. A little of the Aſthmatic mixture may be given here with advantage.

Some perſons, during the winter ſeaſon, are very much troubled with difficult breathing, and are not well, except they diſcharge a good deal of phlegm, night and morning, or perhaps during the whole day. Such perſons will find relief from the following pills.

Take of gum ammoniacum, gum ſagapenum, balſam of tolu, flowers of benzoin, of each one dram, dried ſquills in powder, powdered ginger, and venetian ſoap, of each half a dram, with a ſufficient quantity of ſyrup of balſam, make fifty pills; two, three, or four of which may be taken at bed time, or night and morning when neceſſary.

Frequent vomiting with ſmall doſes of ipecacuanha, is recommended by Dr. Akenſide, and other eminent phyſicians, for Aſthmatic perſons. It is a practice I have purſued with advantage. From three, to five grains of ipecacuanha powder, may be given two, three, or four times a

week, to empty the glands of the phlegm, and of whatever elſe may impede the breathing.

Dr. Cheyne was very fond of Æthiop's mineral, as well for the ſulphur it contains, as the quickſilver; both of which he ſtrongly recommended in Aſthma. Dr. Dover deſerves the thanks of ſociety, for the preſcription of his ſweating powder; and ſome attention for his adviſing the uſe of quickſilver, in the cure of Aſthma. He has publiſhed the caſes of many reſpectable perſons, in his *Phyſician's Laſt Legacy*, wherein quickſilver proved remarkably uſeful. And although it may not be ſo generally efficacious as he wiſhed the world to think, there is abundant reaſon to believe, that it may be given to Aſthmatic perſons very often with advantage.

Many patients have taken it with ſucceſs within my own knowledge, when all other means had been tried in vain.

In Aſthmas of the humid kind, and where the common means do not give the deſired relief, I would adviſe a trial of an ounce of quickſilver every morning, for ſome continuance.

I know not how it cures, but I am contented with my ignorance, if it will produce the expected relief. Dr. Dover hurt the medicine, by ordering it without ſufficient limitation. And many perſons are too apt to think, that if a medicine will not cure every thing, that it is good for nothing. A medicine of much power or of much virtue, will never ſubmit to faſhion or caprice, nor be always ſucceſsful by promiſcuous application.

To

To relieve Aſthma, and to prevent frequent returns of the fits, requires a conſideration of the ſeveral cauſes which have influence on the patient's conſtitution. It is proper to know how far other diſeaſes may contribute to produce it. The frequent complications of gout, ſcurvy, rheumatiſm, dropſy, &c. make it neceſſary to attend to this, if we would adapt a judicious method of cure.

How often has Aſthma, and many other chronic complaints, originating from ſuppreſſed ſcurvy, gout, and ſome other latent evil in the conſtitution, been relieved by medicines given for thoſe complaints!

The cauſes of diſeaſes are ſometimes very obſcure. No phyſician has yet been able to ſay, in what manner many diſeaſes are cauſed in the human body; or what the nature of thoſe qualities are which produce them; nor is it always known how a ſimple medicine can work the wonderful benefit which one ſees ſometimes ariſing from it.

Let not the valetudinarian be diſmayed, though his complaints do not give way ſo ſoon as he might wiſh, or expect; nature may have many valuable ſtores yet untried, which may be called forth by cautious experiment. Let him chuſe a prudent, careful, and attentive man for his medical guide, live ſtrictly temperate himſelf, and time, and patience together, with other means, may remove many ſtubborn chronic diſorders.

In Aſthmatic caſes, the advantages which may be derived from ſimples, are very great, decoctions, or infuſions of the following plants, according

cording, as they are more or less powerful, or the disease more or less violent, may be applied. They are all in a degree bitter, aromatic, and stimulating; some more than others.

They have a tendency to brace the stomach, correct viscid juices, to rouse the remoter vessels to action, and some other powers over the human frame, in particular complaints, which are inexplicable. Where there is much fever, they are seldom proper; but in weakness of habit; in laxity of fibres, and in cold phlegmatic constitutions, they are very useful. These are hoarhound, Paul's betony, carduus benedictus, elecampane, ground-ivy, garlic, wake-robin, buckbean, mustard, soapwort, wild camomile, iris, and many others. These are not new, but not so often used as they should be; they only want to be adapted to each particular case. Garlick infused in any spirit, or in water, in moist Asthmas, and dropsical complaints will give great relief. Dr. Lind says, it is the best preservative against the effects of cold and moisture in northern climates; and I think it would be an excellent preventative against the ague, and other complaints in many of our marshy and fenny countries, and the poor may have it in plenty, on account of its cheapness.

The Asthmatic patient will receive much benefit from some artificial drain. A large issue between the shoulders, or on one or both thighs would be useful or at least mitigating.

Half an ounce of mustard seed just bruised, and taken in a glass of water, in the morning early for the humid kind of Asthma, is very often beneficial.

From

From a tea ſpoonful, to three or more of Æther, may be taken in a pint of barley water, for very obſtinate ſpaſmodic Aſthma twice a day, with much benefit. Begin with a ſmall quantity firſt, and dilute it largely.

The juice of millepedes, or woodlice, have been celebrated for obſtructions of the lungs, and not without reaſon. It is a ſafe and eaſy remedy, but it requires to be taken in large doſes, and for ſome time, as do moſt other things in this diſeaſe, to produce any permanent effect.

Four large ſpoonfuls of the juice ſhould be taken twice, or thrice a day; which is prepared by bruiſing the woodlice alive in a mortar, and then ſtrain the juice through a muſlin rag.

The diet of Aſthmatic perſons ſhould always be of light and eaſy digeſtion, and nutritious. The tender animal foods, fiſh, &c. may be taken where there is no fever. But pork, bacon, ſalted meats, and the like, ſhould be avoided. People are not aware how much theſe clod, and fill the conſtitution with coarſe juices, and how much additional labour the ſtomach, and the lungs are obliged to undergo, after a hearty meal of this ſort of food. An Aſthmatic perſon ſhould never eat what one would call a hearty meal, or a bellyful, for the above reaſons; by greatly diſtending the ſtomach, the lungs become more confined, and receive injury. They had better eat four times a day, than indulge one full meal.

New baked bread, rich pye cruſt, boiled flower puddings, hot roles and butter, buttered toaſts, muffins, &c. all tend to diſorder the ſtomach, produce

produce bad juices, which produce phlegm, and ſtimulate the lungs. I cannot enter minutely into all improper foods; but any perſon may ſee my idea plain enough, and refrain from things that are of a doubtful nature.

Many perſons refrain from taking milk, becauſe they ſuppoſe that it turns to phlegm; this is a vulgar error. Milk is an excellent nutriment where it will agree. It is lighter, and better ſkimmed, than when juſt taken from the cow: for when there is acid in the ſtomach, the thick parts of the milk are apt to curdle, and cauſe uneaſineſs. A little lime water, or prepared oyſter ſhell powder, will correct the aſceſcent qualities of the milk where it is uſed to gripe; if put into the milk when it is taken. Aſſe's, goat's, and mare's milk, are excellent in complaints of the lungs, where milk is neceſſary; being cooling, light, and nutritious; they ſhould be taken in larger quantities than is commonly ordered.

Tea to many conſtitutions is very injurious, eſpecially to ſuch as have weak nerves. Where it agrees, or is particularly grateful and deſired, it ſhould not be drank too hot, and ſhould conſiſt of one half or a third of milk.

To coffe, there are alſo objections in ſome conſtitutions; but in Aſthma ariſing from affections of the nerves, coffee made ſtrong will relieve a fit. It was uſual for Dr. James, to order four ounces of coffee to be boiled in a pint, or a pint and a half of water, and a cup of it to be drank every half hour, or oftener, till the ſpaſm abated.

Milk chocolate, or milk coffee, which is not made too ſtrong of the coffee, or too thick with chocolate,

chocolate, may be taken in common, as breakfaſt or ſupper; milk porridge, leek porridge, &c. are very proper. Dry toaſted bread, with honey, or ſome preſerve, or marmalade of fruit, &c. may be eaten with the tea, chocolate, &c. where tea, or any of the above things do not agree, ſome of the aromatic herbs may be uſed as ſuch, viz. the outer rind of orange peel cut fine, or the leaves of the orange uſed as tea, are very grateful and wholeſome as are the flowers of roſemary, lavender, and the leaves of mint, balm, and ſage, &c.

What I am now going to adviſe, I do not expect will be followed by many of my countrymen. The cuſtom of drinking ſuch quantities of beer, wines, and ſpirituous liquors they are ſo habituated to, that it will be hard for them to conquer their deſires; but it is the act of a wiſe man, "of two evils to chuſe the leaſt;" pain is an evil, and too great indulgence in them produceth pain: therefore a wiſe man would refrain from drinking too much of them. Perſons troubled with Aſthma, ſhould drink toaſt and water, or runnet whey. They are the moſt wholeſome diluents in nature. Many ſerious complaints are produced by the poiſonous qualities in fermented liquors, which are erroneouſly attributed to other things. Thoſe who cannot refrain from the habit of drinking them ſhould take care that their liquors be genuine, and ſufficiently aged.

Nothing will be more conducive to health, or to prevent the fits of the Aſthma, than proper clothing; particularly keeping the feet warm

and

and dry. It is not uncommon for perſons who are fond of gardens, to ſtand ſtill on the cold wet ground; and afterwards to let their wet ſhoes and ſtockings dry on their feet; and perhaps their clothes, if they happen to be only a little wet; this ſort of negligence has deſtroyed its thouſands of men, and millions of women.

Thoſe who are ſubject to Aſthma, gout, &c. &c. ſhould wear warm ſtockings, and cork ſhoes, as a means of prevention. A flannel waiſtcoat worn next to the ſkin in winter is alſo proper.

That ornament to his country, the Honourable Mr. Robert Boyle, preſerved his life many years, by regulating the thickneſs of his clothes, by the degree of cold pointed out by the thermometer. Every perſon cannot, and perhaps ought not to do this; but the weak and tender valetudinarian would find his account in it, and many are untimely ſnatched away from a neglect of ſuch neceſſary and practicable cautions.

High and elevated ſituations are found beſt to agree with Aſthmatic perſons; eſpecially ſuch places as are not near to marſhes, or ſtagnant waters, or frequented by much rain or fog. A fine thin pure air expands the lungs, while thick moiſt air oppreſſes them, and adds to the diſorder.

But there are ſome perſons that bear the air of towns, better than that which is more pure; theſe however are not many.

Thoſe ſituations are beſt which face the South, and South-weſt, and are defended from the North, and North-eaſt winds. Some particular warm defended places on the ſea coaſt; and in

ſome

ſome of the interior countries, agree with Aſthmatics very well.

The weſt ſide of Hampſtead, is alſo very ſalutary for Aſthmatic perſons; indeed Aſthmatic patients do very well any where in this neighbourhood, except on the very ſummit of the hill in very cold weather. Many other places may be as good, but my experience does not enable me to point them out.

With reſpect to exerciſe, where the Aſthma is unaccompanied by fever or inflammation, the more a patient is able to take ſo much the better; particularly if it be on horſeback.

Exerciſe promotes a regular, and equal circulation of blood, and promotes all the animal functions.

Chronic complaints in general require this. Where horſe exerciſe cannot be borne, the dumb bell, a chamber horſe, or a daily uſe of the fleſh bruſh is really neceſſary. Sedentary perſons ſhould attend to this, as many of their complaints ariſe from inaction.

It is to be lamented that very ſtudious men, and many of the greateſt ſcholars, and beſt writers, are very negligent in this reſpect. They would be able to do themſelves, and the world more ſervice, did they pay more attention to it. They would prolong their lives, have better health, and conſequently more enjoyment. And I ſhall conſider it as one of the happieſt circumſtances of my life, ſhould this paper fall into the way of one thus ſituated, and become the means of ſerving either him, his relations, or the public.

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